100+ RECIPES: UK'S BEST-VALUE FOOD MAG

easycook

MARCH 2025

FROM goodFOOD

Eat out at home

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Creamy veg ramen

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MOTHER'S DAY MENU

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10 GENIUS TOAST TOPPERS

CHICKEN SOUP 3 WAYS

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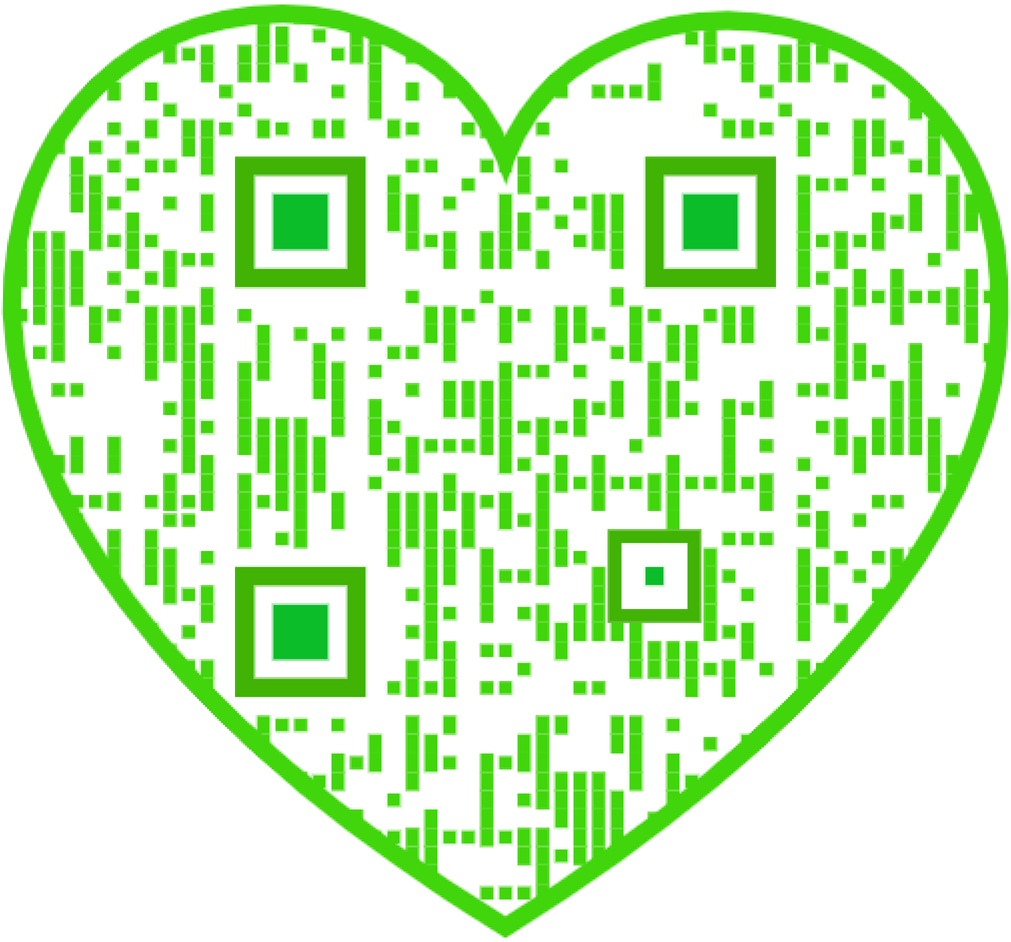

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Welcome!

You don't need me to tell you how expensive it is to eat out. Energy and food costs have rocketed in the past few years, making a trip to a restaurant a treat reserved for only the most special occasions. This got us thinking: what amazing restaurant dishes could we recreate for the home cook that are both easy and wallet-friendly? The answer is our collection on page 48. There are 15 dishes to choose from, which you can mix and match to make your perfect menu. My favourite starts with quick piri-piri prawns, followed by smoky steak with jalapeño cream, then strawberry cheesecake for dessert. I hope you have fun creating yours.

Keith Kendrick

Editor

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✷**Tom Kerridge** creates clever hybrid recipes including a pizza pie (p64).

✷**James Martin** serves chicken soup three ways (p74).

✷**John Torode** shares his secret ingredient to elevate a traditional fish pie (p78).

Caramel passion fruit slice

- Makes 16
- Prep 15 mins plus chilling
- Cook 20 mins

VEGETARIAN

FOR THE SHORTBREAD
150g plain flour
100g desiccated coconut
170g cold butter, cut into cubes, plus a little for the tin
75g golden caster sugar
FOR THE CARAMEL
90g butter
2 tbsp golden syrup
397g can condensed milk
2 tbsp dark brown sugar
3 passion fruits, pulp only
FOR THE TOPPING
200g dark chocolate
30g coconut shavings, toasted

1 Heat the oven to 180C/160C fan/gas 4 and butter a 23 x 23cm brownie tin. To make the shortbread, stir together the flour and coconut in a bowl, then rub in the butter using your fingers to make breadcrumbs. Stir through the sugar, then bring the dough together with your hands. Pat into the tin, pricking the top all over with a fork. Bake for 15-18 mins until lightly golden and crisp.

2 For the caramel, put the butter, syrup, milk and sugar in a pan with a big pinch of salt. Heat gently until simmering, then whisk for 6 mins until fudgy. Take off the heat and stir in the passion fruit pulp. Pour over the shortbread, smooth with a palette knife and leave to set.

3 Melt the chocolate in the microwave in 30-second bursts, stirring after each time until smooth. Spread over the caramel shortbread and scatter with the coconut shavings. Leave to set, then cut into 16 squares. *Will keep for five days in an airtight container.*

PER SLICE 395 kcals, fat 26g, saturates 17g, carbs 34g, sugars 26g, fibre 3g, protein 4g, salt 0.4g

From goodFOOD

Most of our recipes have previously appeared in our sister title, Good Food, and have been developed in the Test Kitchen, so you can trust that they work every time.

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OUR PROMISE TO YOU

We know how busy you are, so the recipes in Easy Cook are designed to make life easier

- We try to keep the ingredients lists as short as possible, and preparation times to a minimum.
- To save you time, many of our recipes use ingredients you might already have in your kitchen.

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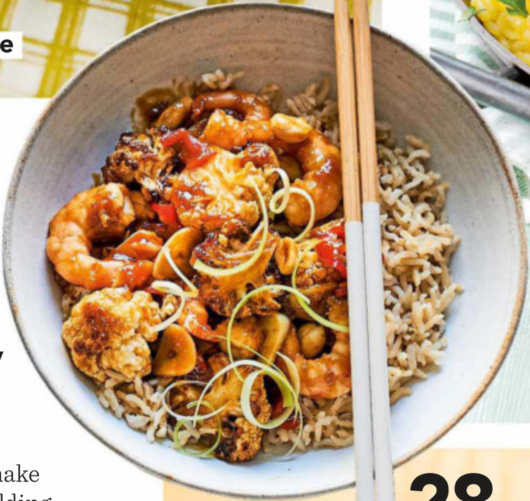

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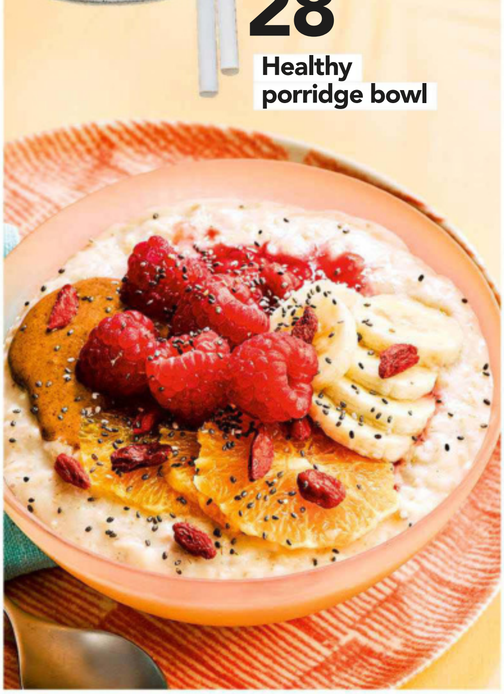

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99 RECIPES: UK'S BEST-VALUE FOOD MAG
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TOM KERRIDGE'S 2-FOR-1 RECIPES
JOHN TORODE'S FISH PIE
SOLO SUPPERS TO SAVOUR

Creamy veg ramen, p40

THE ROAST WITH THE MOST

Cook in one tin to save on the washing-up

If you like juicy meat, a stuffing flavour-bomb and gorgeous crunchy crackling, then look no further. This guaranteed crowd-pleaser will take your Sunday lunch to a whole new level

Chorizo-stuffed pork loin with braised beans

- Serves 6
- Prep 30 mins
- Cook 2 hrs 20 mins FREEZABLE

1 tbsp fennel seeds
1.3kg pork loin (ask your butcher for a piece from the rib end as this will have more fat), bone out, skin on and scored (see box opposite, top right)
2 tbsp olive oil
4 red onions, 1 finely chopped, 3 cut into wedges
2 garlic cloves, crushed
100g crusty bread, torn into small chunks
1 lemon, zested and juiced
small bunch of thyme
250g chorizo-style sausages, about 4 sausages (not the cured kind)
2 red peppers, cut into large chunks
50ml dry sherry
1 chicken stock cube, crumbled
2 tsp smoked paprika
2 x 400g cans butter beans, drained
small bunch of parsley, chopped

1 Pound the fennel with 1 tbsp sea salt to a fine dust using a pestle and mortar. To butterfly the pork, lay on a chopping board skin-side down. Using a sharp knife, cut between the fatty layer just beneath the skin and the loin, rolling the meat to the side but leaving the meat and fat/skin connected at one end. Where you have a hinge, cut another line into the side of the thickest part of the meat, halfway down. Keep cutting in that direction to the other end of the loin, but not all the way through. Open the meat out. Rub in the fennel and salt mixture, then set aside while you make the stuffing. Heat the oven to 200C/180C fan/gas 6.

2 Heat 1 tbsp oil in a frying pan, tip in the finely chopped onion and cook over a low-medium heat for about 8 mins until softened. Stir through the garlic, cook for another minute, tip into a bowl, then leave to cool.

3 Put the bread in a roasting tin. Bake for 10 mins, or until crisp and golden, then leave to cool. Turn the oven up to 240C/220C fan/gas 9.

4 Crush any large chunks of bread to crumbs in your hands and add to the bowl of garlic and onion, along with the lemon zest. Pick the leaves from half the thyme sprigs and add these too, followed by the sausagemeat, squeezing it from the skins. Scrunch it all together using your hands.

5 Pat the pork meat and skin dry with kitchen paper. Spread the stuffing evenly over the opened fleshy part of the pork, then roll the meat around the stuffing. Lay four to five pieces of string on a board, place the rolled-up meat on top, wrap the skin around it, then tie the string around the loin to make a neat cylinder. Rub the remaining oil over the exposed meat and some salt into the skin.

6 Put the loin in a large roasting tin and roast for 20 mins. Lower the heat to 180C/160C fan/gas 4 and continue cooking for 1 hr.

7 Remove the tin from the oven. If there is a lot of fat in the tin, carefully pour some away so you're left with a thin coating on the base of the tin. Tip the onion wedges, peppers and remaining thyme sprigs around the pork, then add the sherry, stock cube and paprika. Season and mix everything together, then return to the oven for 30 mins.

8 Stir the beans into the vegetables in the roasting tin and squeeze over some lemon juice. If the beans look dry, add a splash of water. Return to the oven for another 10 mins.

9 Remove the tin from the oven. Lift the pork onto a baking tray and cover the beans and vegetables to keep warm. Turn the oven up to 240C/220C fan/gas 9 and roast the pork for a final 10-15 mins to help the skin crackle. If you don't see bubbles popping on the surface, try grilling it for a few minutes, but keep a close eye on the crackling as it will burn easily. If you have a meat thermometer, the temperature should read 75C. Remove from the oven, cover loosely with foil and leave for 10-15 mins.

10 Reheat the beans and vegetables gently on the hob, then transfer to a large platter. Scatter with parsley. Slice the pork thickly and lay on top of the beans with shards of crackling.

PER SERVING 796 kcals, fat 45g, saturates 15g, carbs 29g, sugars 9g, fibre 10g, protein 61g, salt 4.8g

SCORING THE SKIN

Pork skin can be very tough, but piercing it will help the heat to penetrate, resulting in crispy crackling. The best way to score it is with a sharp knife, making cuts over the entire surface area of the skin in long lines that are about 1cm apart.

CHANGE UP THE FLAVOURS

If you fancy a more classic stuffing, use a well seasoned pork sausage such as a Cumberland in place of the chorizo, then leave out the garlic and add some chopped apple, sage or rosemary.

Super savers

Feel like you're stuck in a food rut? Get inspired by these easy, favourful recipes that brighten up mealtimes without costing a fortune

86p
per serving

17 low-cost everyday dinners

Pumpkin, mushroom & brown rice bowls

- Serves 2 ▪ Prep 10 mins
- Cook 30 mins VEGETARIAN

1 tbsp olive oil
½ bunch of spring onions, sliced, plus extra to serve
1 garlic clove, finely sliced
1 red chilli, sliced
150g shiitake mushrooms, sliced
200g pumpkin or squash, peeled and chopped into small chunks
100g brown basmati rice
250ml vegetable stock
2 tbsp soy sauce, plus extra to serve
50g frozen edamame beans, defrosted
sesame oil, to serve

1 Heat the oil in a wide, shallow pan with a lid and cook the spring onions, garlic and chilli for 2 mins. Add the mushrooms and pumpkin and cook for another 3 mins. Tip in the rice, stock and soy sauce and bring to the boil.

2 Reduce to a low simmer, put on the lid and leave for 20-25 mins until the rice is tender, stirring in the edamame beans for the last 5 mins of cooking. Serve sprinkled with sesame oil, a little more soy sauce and a handful of chopped spring onions.

PER SERVING 363 kcals, fat 11g, saturates 1.5g, carbs 53g, fibre 6.6g, protein 11g, salt 3.1g

MAKE MORE OF IT

...by adding leftover cooked chicken or strips of omelette.

£1.83 per serving

Easy leek & pancetta filo tarts

- Serves 2 ▪ Prep 10 mins ▪ Cook 20 mins

70g pancetta
2 leeks, trimmed and sliced, including the green bits
2 eggs
4 sheets filo pastry
butter, for greasing
green salad, to serve

1 Heat a non-stick frying pan and cook the pancetta until crisp. Add the leeks and cook for 5-10 mins until softened. Cool, then mix with the eggs and season.

2 Heat the oven to 190C/170C fan/gas 5. Cut the pastry into 10cm squares (you'll need 16). Butter each one, layer four on top of each other and push into a four-hole pudding tin. Repeat with the other squares.

3 Spoon the filling onto the pastry and bake for 15-20 mins until just set. Serve with a green salad.

PER SERVING 179 kcals, fat 9.5g, saturates 3.5g, carbs 14g, fibre 2g, protein 8.5g, salt 0.8g

£1.61
per serving

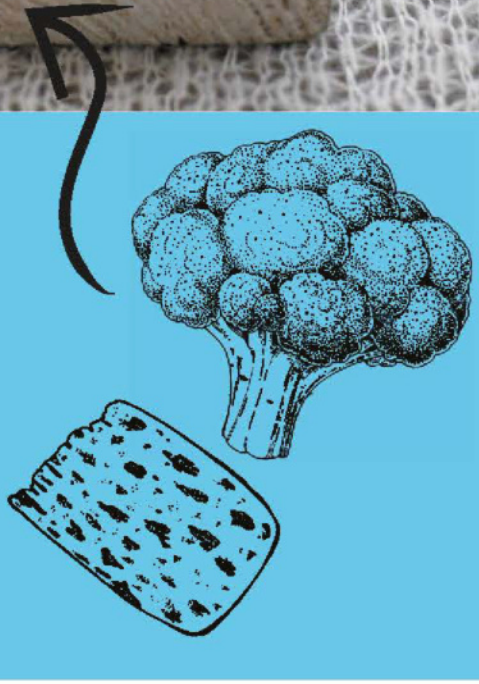
Broccoli & blue cheese gnocchi

Serves 4 ■ Prep 10 mins ■ Cook 20 mins VEGETARIAN

1 broccoli head (about 300g), broken into florets
500g pack gnocchi
150g blue cheese or vegetarian alternative, sliced (use a creamy one like Dolcelatte)
150ml pot single cream
50g parmesan or vegetarian alternative, grated

1 Heat the oven to 200C/180C fan/gas 6. Cook the broccoli in a pan of boiling water for 3-4 mins until just tender, then remove to a plate. Cook the gnocchi in the same water following pack instructions. Drain.
2 Mix the blue cheese, cream and half the parmesan and season with pepper. Stir through the gnocchi and broccoli, then tip into an ovenproof dish. Scatter over the rest of the parmesan. Bake for 15-20 mins until bubbling and golden.

PER SERVING 473 kcals, fat 25g, saturates 14g, carbs 44g, fibre 3.7g, protein 20g, salt 2.1g



Spiced lamb stuffed courgettes

If you can't find small round courgettes, use large, regular ones instead.

■ Serves 2 ■ Prep 10 mins ■ Cook 1 hr 15 mins

50g bulgur wheat
4 round courgettes
1 tbsp olive oil
250g lean lamb mince
1 red onion, chopped
2 garlic cloves, crushed
1 heaped tsp cumin
½ cinnamon stick or pinch of ground cinnamon
2 tbsp chopped parsley
1 tbsp tomato purée
200ml chicken stock

1 Put the bulgur wheat in a bowl and cover with boiling water. Leave for 15 mins to swell up.
2 Cut the tops off the courgettes and hollow them out, leaving a shell that's about 1cm thick. Chop up the flesh.
3 Heat the oven to 200C/180C fan/gas 6. Add the oil to a non-stick pan and cook the lamb until browned. Tip in the onion, garlic and courgette flesh and cook until soft and the courgette has cooked right down – you want hardly any liquid left. Stir in the cumin, cinnamon and parsley. Add the drained bulgur wheat and tomato purée, then pour in half the chicken stock. Simmer for a few minutes until saucy, then season well.
4 Spoon the lamb mixture into the courgettes. Put them in a baking dish, pour around the rest of the stock, cover with foil and bake for 45 mins. Remove the foil and cook for another 15 mins or until the courgettes are very tender.

PER SERVING 416 kcals, fat 18g, saturates 8.1g, carbs 27g, fibre 3.8g, protein 34g, salt 0.5g

Serve with crispy potatoes or salad

£2.44
per serving

Winter tomato soup with grilled cheese sandwiches

■ Serves 2 ■ Prep 10 mins ■ Cook 20 mins VEGETARIAN

knob of butter
1 onion, chopped
1 carrot, chopped
1 celery stick, chopped
400g can chopped tomatoes
1 tbsp tomato purée
750ml vegetable stock
1 tbsp creamed horseradish
75ml double cream
4 slices small white bloomer
4 slices cheddar or gruyère or vegetarian alternative

1 Melt a knob of butter in a pan and cook the onion, carrot and celery until softened. Add the tomatoes, purée and stock, then simmer for 15-20 mins until the vegetables are soft. Blitz with a hand blender until smooth, then stir in the horseradish and cream and reheat gently.
2 To make the sandwiches, butter the bread on both sides and put cheese in between. Fry each side until the cheese melts, then cut into soldiers.

PER SERVING 686 kcals, fat 39g, saturates 22g, carbs 61g, fibre 7.6g, protein 22g, salt 3.3g

£1.37
per serving

Sichuan pepper noodles

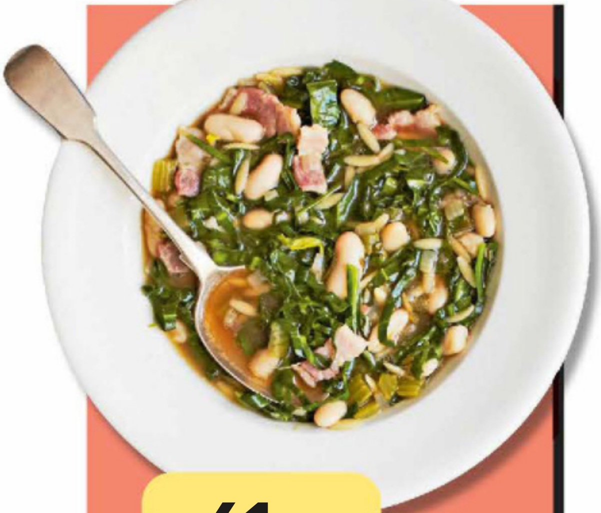
■ Serves 2 ■ Prep 15 mins ■ Cook 15 mins VEGETARIAN

100g dried medium egg noodles (about 2 nests)
2 tbsp olive oil
2 tsp Sichuan peppercorns, crushed
1 red chilli, shredded, plus extra to serve
2 garlic cloves, crushed
walnut-sized chunk of ginger, finely chopped
3 tbsp soy sauce
2 tbsp peanut butter
100ml vegetable stock
½ bunch of spring onions, chopped, including the green bits, plus extra to serve (optional)
200g long-stemed broccoli, halved and blanched
150g podded edamame beans, blanched

1 Cook the noodles following pack instructions, then drain.
2 Heat the oil in a wok or large frying pan and tip in the peppercorns. Cook for 1 min, then add the chilli, garlic and ginger and fry for 1 min.
3 Add the soy sauce, peanut butter and stock and simmer for a few minutes until everything comes together. Add a splash more water if you need to – you want it to be saucy. Tip in the noodles and vegetables and toss until everything is heated through. Serve sprinkled with the extra chilli and spring onions, if you like.

PER SERVING 532 kcals, fat 26g, saturates 4.8g, carbs 45g, fibre 8.4g, protein 25g, salt 4.4g

£1.86
per serving



61p
per serving

Pasta e fagioli

Use whatever greens are in season in this dish and vary the beans if you like.

■ Serves 4 ■ Prep 10 mins
■ Cook 15 mins

4 slices streaky bacon, chopped
1 onion, chopped
2 celery sticks, chopped
1 tbsp olive oil
2 rosemary sprigs, chopped
750ml chicken or vegetable stock
50g small pasta shapes
400g can cannellini beans, drained, rinsed and drained again
200g greens or spinach, woody stalks removed and roughly shredded
grated parmesan, to serve (optional)

1 Cook the bacon, onion and celery in the oil until softened. Add the rosemary, stock and pasta and simmer for 5 mins. Tip in the beans and greens and simmer until the pasta is tender. Season and serve with parmesan scattered over.

PER SERVING 219 kcals, fat 8.8g, saturates 2.3g, carbs 19g, fibre 3g, protein 15g, salt 1.6g

MAKE IT VEGGIE

Omit the bacon and serve with a rennet-free, grated Italian hard cheese.

Pork schnitzel with garlicky green beans

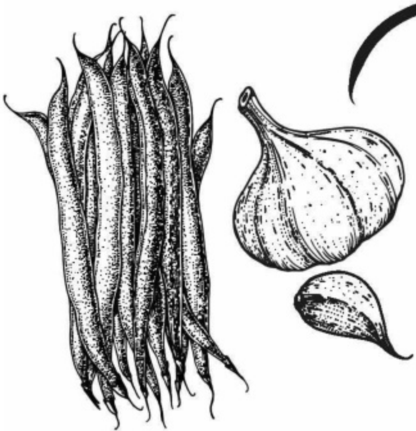
- Serves 2
- Prep 10 mins
- Cook 25 mins

2 garlic cloves, sliced
2 tbsp olive oil
good pinch of chilli flakes
200g can chopped tomatoes
pinch of caster sugar
25g dried breadcrumbs
25g parmesan
4 small pork escalopes (about 75g each)
1 tbsp plain flour, seasoned
1 egg, beaten
200g green beans, blanched

1 Sizzle the garlic in 1 tbsp oil, then add the chilli flakes, tomatoes and sugar. Simmer for 15 mins until thickened, then remove from the heat.
2 Mix the breadcrumbs and parmesan and season.
3 Put the pork escalopes between sheets of wrap and bash with a rolling pin until approx ½cm thick. Season, dust in the flour, then dip in the beaten egg before coating in the parmesan breadcrumbs.
4 Heat 1 tbsp oil in a non-stick pan. Cook the schnitzels for 3 mins each side until crisp and golden. Reheat the tomato sauce, add the beans and toss. Serve with the schnitzels.

PER SERVING 680 kcals, fat 43g, saturates 13g, carbs 21g, fibre 3.6g, protein 51g, salt 0.8g

£2.83
per serving



£1.66
per serving

Linguine with spicy meatball sauce

■ Serves 4 ■ Prep 10 mins ■ Cook 30 mins

500g beef mince
1 red onion, grated
1 small bunch of basil, chopped
50g parmesan, finely grated, plus extra to serve
handful of breadcrumbs
chilli flakes
2 tbsp olive oil
1 garlic clove, sliced
400g can chopped tomatoes
3 cloves
1 cinnamon stick
2 tsp sugar (any kind)
300g linguine, to serve

1 Put the mince in a bowl with half the onion, half the basil, the parmesan, breadcrumbs and a pinch of chilli flakes. Season well, then mix everything together and shape into small meatballs with clean hands.
2 Heat 1 tbsp of the oil in a pan and cook the meatballs until browned.
3 Scoop out the meatballs, add 1 tbsp oil and cook the garlic for 2 mins. Tip in the tomatoes, cloves, cinnamon and a pinch of chilli. Stir in the sugar and simmer for 10 mins. Return the meatballs to the pan and simmer for 10-15 mins. Scoop out the cloves and serve with the linguine, remaining basil and onion, plus extra parmesan.

PER SERVING 640 kcals, fat 31g, saturates 11g, carbs 49g, fibre 2g, protein 39g, salt 0.7g

Bake it!

Meatball & penne bake

Stir the meatball sauce with cooked **penne**, tip into an ovenproof dish, then top with **mozzarella** and bake in the oven until bubbling and golden. Serves 4.

Chorizo, lentil & chickpea soup

75p per serving

■ Serves 4 ■ Prep 10 mins ■ Cook 35 mins

1 tbsp olive oil
100g chorizo, cut into small chunks
1 large onion, chopped
2 carrots, halved lengthways and thickly sliced
2 celery stalks, halved lengthways and thickly sliced
1 tsp smoked paprika
large pinch of chilli flakes
6 tbsp red or green lentils
1 x 400g can chickpeas, drained and rinsed
750ml chicken stock
handful of parsley, chopped (optional)

1 Heat the oil in a pan. Fry the chorizo for 2 mins, add the onion and cook for 5 mins more. Tip in the carrots and celery and cook for another 5 mins. Add the paprika and chilli flakes, and cook for 1 min more, then add the lentils, chickpeas and stock. Simmer for 20-25 mins until the lentils and vegetables are tender. Finish with some chopped parsley, if you like.

PER SERVING 290 kcals, fat 12g, saturates 2.9g, carbs 30g, fibre 5.5g, protein 16g, salt 2.7g

Halloumi & roasted red pepper stacks

£2.60 per serving

■ Serves 2 ■ Prep 10 mins
■ Cook 10 mins VEGETARIAN

4-6 slices halloumi or vegetarian alternative
olive oil (optional)
2 crusty rolls
2 tbsp hummus
2 handfuls of rocket
4 large, squarish pieces roasted red pepper
chilli jam, to serve
¼ small red onion, sliced

1 Heat a non-stick pan and dry-fry the halloumi until golden. If you don't have a non-stick pan, use a little olive oil to stop the cheese from sticking.

2 Halve the rolls and lightly toast both sides. Spread the hummus on the bottom halves, then add some rocket. Layer up the halloumi and pepper, and top with a small spoonful of chilli jam and some sliced onion.

PER SERVING 379 kcals, fat 18g, saturates 8.9g, carbs 35g, fibre 2g, protein 19g, salt 2.6g

DO THE TWIST

DON'T LIKE HALLOUMI? Use large flat mushrooms cooked in garlicky olive oil until tender instead.

Smoked haddock with quick mustard & caper sauce

- Serves 2
- Prep 10 mins
- Cook 10 mins

2 thick pieces smoked haddock fillet
olive oil, for brushing
4 tbsp half-fat crème fraîche
2 tbsp wholegrain mustard
1 tbsp chopped dill, plus extra to serve (optional)
2 tsp capers
1 pack ready-to-eat puy lentils
100g bag spinach

1 Brush the haddock with oil, season and grill for 5 mins.
2 Put the crème fraîche and mustard in a pan and bring to a simmer. Stir in the dill and capers and season. Add a splash of water if needed – you want a nice, light consistency.
3 Microwave the lentils following pack instructions. Put the spinach in a colander and pour over a kettle of boiling water to wilt.
4 Toss together the spinach and lentils and divide between two plates. Remove any skin from the fish, sit on top of the lentils and spinach, and spoon over the mustard sauce. Add some extra dill, if you like.

PER SERVING 368 kcals, fat 9.1g, saturates 3.6g, carbs 29g, fibre 11g, protein 44g, salt 5g

£3
per serving

Try it as a gratin

Smoked haddock grill with cheese

Put the haddock in an ovenproof dish, spoon over the sauce, then add a handful of **gruyère** and grill until golden. Serves 2.

Teriyaki chicken noodles

- Serves 2
- Prep 10 mins
- Cook 20 mins

4 skinless, boneless chicken thighs, cut into chunks
4 tbsp teriyaki marinade
100g dried fine egg noodles
groundnut oil
small piece of ginger, grated
1 garlic clove, crushed
1 pack leafy stir-fry vegetables
2 tbsp soy sauce
2 tsp sesame oil
sesame seeds, to serve (optional)

1 Marinate the chicken in the teriyaki for 10 mins. Cook the noodles, drain, rinse in cold water and drain again.
2 Skewer the chicken and brush with any leftover marinade. Turn under a hot grill for 10 mins until glazed.
3 Heat a little oil in a wok. Cook the ginger and garlic, then add the veg and cook for 2-3 mins. Add the soy sauce, sesame oil and noodles and toss. Serve with the skewers, sprinkled with sesame seeds, if you like.

PER SERVING 537 kcals, fat 19g, saturates 3.8g, carbs 46g, fibre 4.3g, protein 47g, salt 8.7g

£2.85
per serving

£1.94
per serving

Sweet potato, pea & feta frittata

- Serves 2
- Prep 10 mins
- Cook 20 mins VEGETARIAN

2 tbsp olive oil
250g sweet potatoes, peeled and cut into large chunks
4 spring onions, shredded
50g frozen peas, defrosted
4 eggs, whisked
100g feta or vegetarian alternative, crumbled
chilli sauce, to serve

1 Heat the oil in a non-stick frying pan, tip in the potatoes and season. Cover and cook gently for 8-10 mins, stirring now and again, until tender. Add the spring onions and cook for 2 mins more. Stir in the peas.
2 Heat the grill to high. Pour the eggs over the pan and shake to distribute them evenly. Sprinkle over the feta. Cook for about 8 mins, shaking the pan regularly, until the eggs are almost set. Flash under the grill for a few minutes, then serve cut into wedges with chilli sauce.

PER SERVING 505 kcals, fat 33g, saturates 11g, carbs 28g, fibre 4.6g, protein 23g, salt 2.3g

Chorizo & kale one-pot

■ Serves 4 ■ Prep 10 mins ■ Cook 35 mins

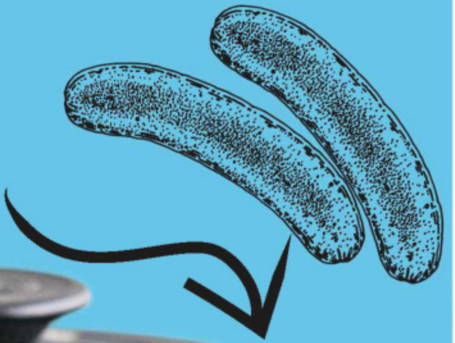
2 tbsp olive oil
8 chorizo-style sausages
1 onion, halved and thinly sliced
500ml chicken stock
1 tsp smoked paprika
500g potatoes, peeled and cut into chunks
200g kale, washed and chopped

1 Heat the oil in a pan with a lid. Fry the sausages until brown, then scoop out. Fry the onion until golden, then add the stock, paprika and potatoes. Return the sausages to the pan and simmer, covered, for 15 mins. Add the kale and simmer for 10-15 mins more.

PER SERVING 518 kcals, fat 31g, saturates 11g, carbs 29g, fibre 4.4g, protein 28g, salt 2g

DO THE TWIST

Use Italian-style sausages and replace the smoked paprika with crushed fennel seeds.



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Thrifty ways to save time and money, use up your leftovers and be a little bit greener

MORE TASTE

DOUGH-NUTS!

You'll probably think we are crazy, but you can make a fantastic loaf of bread using leftover porridge from your breakfast! But don't just take our word for it – give it a go. You'll find it's oaterly delicious!

Porridge bread

■ Makes 1 large loaf ■ Prep 25 mins plus 1 hr 45 mins proving ■ Cook 40 mins

VEGETARIAN

200g cold leftover porridge
500g strong white bread flour, plus extra for dusting
½ tbsp caster sugar
7g sachet fast-action dried yeast
small handful of oats, to sprinkle

1 Put the porridge in a large bowl with 300ml lukewarm water. Stir in the flour, sugar, 1 tsp flaky sea salt and yeast until fully combined. Cover with a damp tea towel and leave to prove for 1 hr, or until almost doubled in size.
2 Tip the dough onto a well-floured surface and knock the dough back, punching and kneading it; don't worry if it's very soft. Shape the loaf and put in a non-stick 900g loaf tin. Cover with the damp tea towel and leave to prove for another 45 mins. It should expand to fill the tin. Heat the oven to 220C/200C fan/gas 7.
3 Make a slash along the length of the dough and sprinkle over the oats. Bake for 10 mins, then turn the heat down to 190C/170C fan/gas 5 and bake for another 30 mins. Carefully turn the loaf out and tap the bottom. If it sounds hollow, the bread is ready. If not, return to the oven for another 5 mins.
4 Turn the loaf out onto a wire rack and leave to cool before slicing.

PER SERVING (10) 212 kcals, fat 2g, saturates 1g, carbs 41g, sugars 2g, fibre 2g, protein 7g, salt 0.5g

Easy-peasy homemade mayo

Got some egg yolks and you're not quite sure what to do with them? Why not turn them into mayonnaise that's ready in just three minutes?

Put **3 egg yolks** in a large bowl and whisk with seasoning, a little **mustard** and a splash of **lemon juice** or **vinegar**. Whizz with a hand blender and very slowly add **450ml flavourless oil** – start in drops, then add it in a thin stream. Check the seasoning and chill until you're ready to use. You can also make this mayonnaise using a balloon whisk, but it takes a bit longer and requires you to use a bit of elbow grease.

Keep the crunch

Here's a little trick to stop your biscuits from going soft. Sugar absorbs moisture, so if you put a lump in your biscuit tin, it will help to keep your biscuits super-crisp.

Bettys
BISCUIT SELECTION
BISCUIT SELECTION
WHEAT
BUTTER

CHOP CHOP!

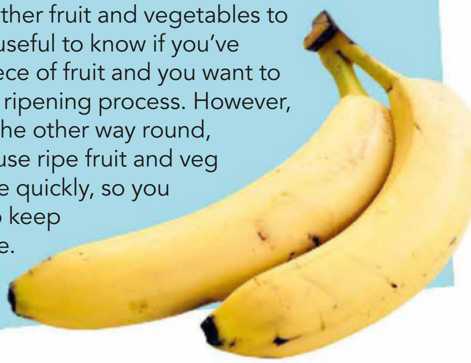
- What is better: a wooden or plastic chopping board? Controversy has raged for years about which material is the most hygenic option to use in the kitchen. However, research suggests that there's no difference – it's just down to cleaning both types of chopping board thoroughly.

- If you've been prepping meat or fish, it's important to give your boards a quick rinse in cold water (using hot water will fix the protein to the board and make it greasy). After rinsing, wash your chopping board in hot soapy water (or pop your plastic board in the dishwasher).

- Deciding between wooden vs plastic chopping boards based on saving the planet is tricky too. Both have pros and cons but ultimately, wood is a more environmentally friendly material.

IT'S A GAS!

Some fruits and vegetables, but especially avocados, bananas, pears, broccoli, cauliflower and tomatoes, give off a natural gas that encourages other fruit and vegetables to ripen. That's useful to know if you've got a hard piece of fruit and you want to speed up the ripening process. However, it also works the other way round, – they can cause ripe fruit and veg to go off more quickly, so you might want to keep them separate.



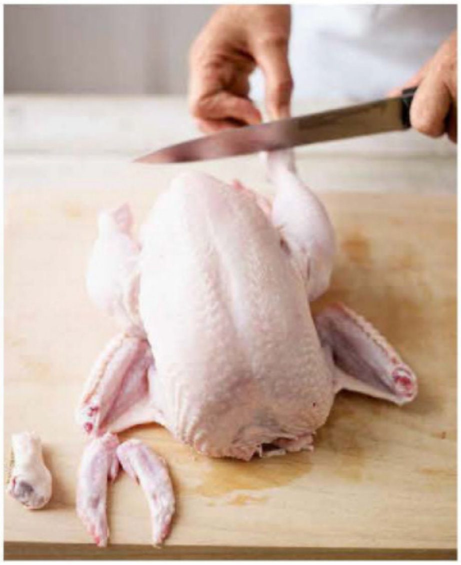
Down to the last drop

Can't get out that last bit at the bottom of the jar? It's time to do the shake!

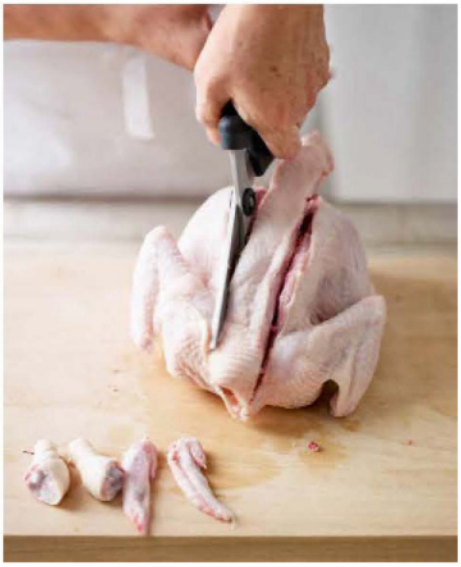
1. ***Pour warm milk into an almost empty Nutella jar, pop the lid on and shake to make a nutty milky mixture to add to a hot chocolate.***
2. ***If a pot of honey has crystallised, stand it in a bowl of hot water and give it a good stir to loosen. A blast in the microwave works too, but don't do it if the honey's in a plastic squeezy bottle as it won't be able to take the heat.***
3. ***Add a little warm water to the remains of a jar of Marmite, replace the lid, shake, then tip into gravy for some added flavour.***
4. ***Add a homemade salad dressing to an empty pot of mustard and shake to make a spicy vinaigrette.***

How to joint a chicken

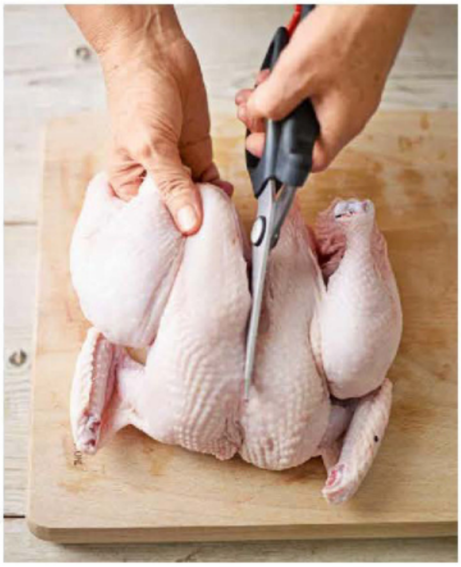
When chickens are going cheap, sometimes it's better for your budget to buy them whole and cut them into portions. Follow these easy steps and before you know it, you'll be jointing a chicken like a true pro!



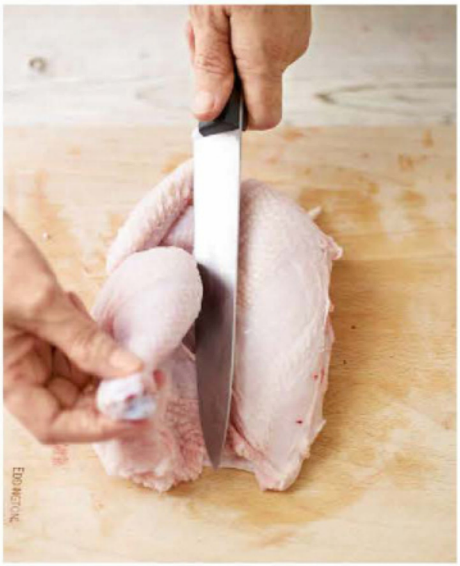
1 Place the chicken on a chopping board and remove any string. Unfold the wings and snip off the wing tips with scissors. Using a sharp knife, trim the drumsticks at the knuckle.



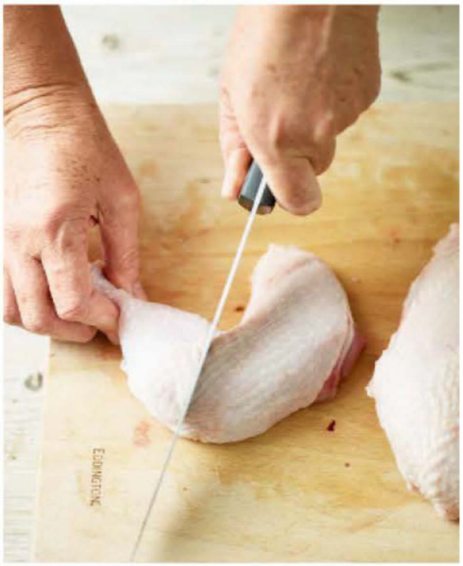
2 Turn the chicken over so that it's breast-side down. Using scissors, cut all the way along each side of the backbone to remove it.



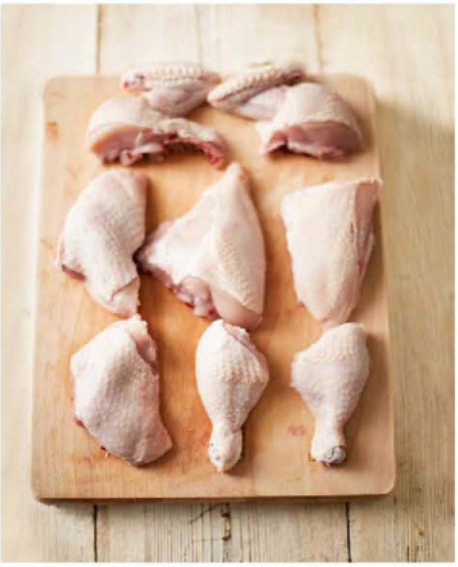
3 Open up the chicken, then lay it on the chopping board, breast-side up. Use scissors to cut the bird in half along the centre of the breast.



4 Slide a knife between the leg joint and the breast of one of the halves, then firmly cut to remove the leg. Repeat with the other half of the chicken.



5 Press on the leg joint to pinpoint where the bones meet. Cut down sharply to separate the drumstick and thigh joint, then repeat with the second leg.



6 Cut the breast joint in half for a wing with a third of the breast, plus a separate breast joint. You should now have eight pieces of chicken, split evenly between dark and white meat.

Gadget genius

If you love using your slow cooker to make dinner, you'll be pleased to know it comes up trumps for puddings too!

Slow cooker muscovado cheesecake with hazelnuts & blackberries

The very best baked cheesecakes have a creamy texture and a smooth surface. Cooking a cheesecake in a bain marie at a low temperature achieves these results, so a slow cooker is a great alternative.

■ Serves 10 ■ Prep 30 mins plus 3 hrs standing and at least 4 hrs cooling
■ Cook 2 hrs VEGETARIAN

50g butter, melted, plus extra for greasing
225g oat biscuits
100g blanched hazelnuts
250g light muscovado sugar
4 tbsp full-fat milk
750g full-fat soft cheese
2 tbsp plain flour
1 tsp vanilla extract
3 large eggs
200ml pot soured cream
1 tbsp Frangelico (optional)
2 tsp cornflour
3 tbsp golden caster sugar
200g blackberries

1 Boil the kettle and prepare your slow cooker (it should be at least 22cm wide). Make a trivet for your cheesecake by scrunching a long piece of foil into a sausage. Roll into a loose coil and put on the bottom of the slow cooker. Turn the slow cooker to high and pour in enough hot water to come 4cm up the sides. Cover the outside of a 20cm springform cake tin in two layers of wrap and then foil, making sure there are no gaps for water to seep in. Grease the inside with butter, line with wrap and grease again, then line the base and sides with baking parchment.
2 Tip the biscuits and 50g hazelnuts into a food processer and blitz to fine crumbs. Add the butter and blend again until well combined. Tip the crumbs into the tin and use a spoon to press into the base. Chill for 10 mins.
3 In a saucepan, heat the muscovado sugar and milk until the sugar dissolves. Set aside to cool. In a bowl, beat the soft cheese, flour, vanilla and eggs until smooth. Stir in the soured cream, Frangelico, if using, and cooled sugar mixture until well combined. Pour into the tin and put in the slow cooker. Wrap the lid in a tea towel to stop condensation dripping onto the cheesecake. Cover and cook for 2 hrs, then turn off the slow cooker. Leave the cheesecake inside without opening for 2 hrs more. Remove and cool at room temperature for a further 1 hr, then chill for 4 hrs, or overnight.
4 Put the cornflour, caster sugar and half the blackberries in a saucepan and set over a high heat. Cook for 3-4 mins, squashing the blackberries a little, until syrupy. Toss in the remaining berries, heat through, then remove from the heat and cool until ready to serve. Chop the remaining nuts and toast in a frying pan.
5 To serve, carefully remove the cheesecake from the tin, remove the baking parchment and transfer to a plate. Top with the berries and hazelnuts and serve.

PER SERVING 612 kcals, fat 39g, saturates 19g, carbs 52g, sugars 40g, fibre 3g, protein 10g, salt 0.8g

Sticky toffee pudding

Rich and indulgent, this is the ultimate comforting dessert. It's easily put together, then simply leave it to cook so it's ready to serve in the evening.

■ Serves 8 ■ Prep 30 mins plus 30 mins soaking ■ Cook 8 hrs

VEGETARIAN

250g pitted dates, chopped
100g butter, plus extra for the basin
4 tbsp treacle
1 tsp vanilla extract
250g light brown soft sugar
300ml double cream
2 eggs, lightly beaten
200g self-raising flour
1 tsp bicarbonate of soda
vanilla ice cream, to serve

1 Put the dates in a heatproof bowl, cover with 150ml boiling water, and leave to soak for 30 mins. Butter a 1-litre pudding basin and line the base with baking parchment.

2 Tip half the butter, half the treacle, the vanilla, 75g of the sugar and the cream into a pan set over a medium heat. Cook for 4-5 mins, stirring, until the sugar dissolves. Turn up the heat, bubble for 3 mins, then whisk in a pinch of salt. Pour a third of the sauce into the pudding basin.

3 Beat the remaining butter, treacle, sugar and the eggs together, then fold in the flour, bicarbonate of soda, 1/4 tsp salt, the dates and their soaking liquid. Spoon into the basin and smooth the surface, leaving a 1cm gap from the top. Cover with a double layer of baking parchment and foil, making a pleat in the middle so that the pudding can expand. Secure with some kitchen string.

4 Set the slow cooker to low. Sit the basin inside, then add boiling water so it comes halfway up the basin. Cover and cook for 7-8 hrs. Run a knife around the edge of the pudding and turn out onto a plate. Reheat the remaining sauce and pour over. Serve with scoops of vanilla ice cream.

PER SERVING 625 kcals, fat 32g, saturates 19g, carbs 76g, sugars 58g, fibre 3g, protein 6g, salt 1g

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nutra check

Tue 5 Nov

Food & exercise...

DESC/SERVING	KCAL	FATg
LUNCH	771	30.4
Courgette, Grilled 100g (edible portion)	19	0.2
Red Peppers, Raw Medium pepper (160g)	34	0.3
Walkers Quavers Cheese Snac... 54g	289	16.6
DINNER	375	1.8
Meal: Easy prawn noodles serving	244	1.8
Dry White Wine Medium glass (175ml)	131	0.0
SNACKS	321	9.7

TOTALS	KCAL	FATg
GOAL	1702	74.0
- FOOD	1705	45.4
+ EXERCISE	505	19.6
= LEFT	502	48.2

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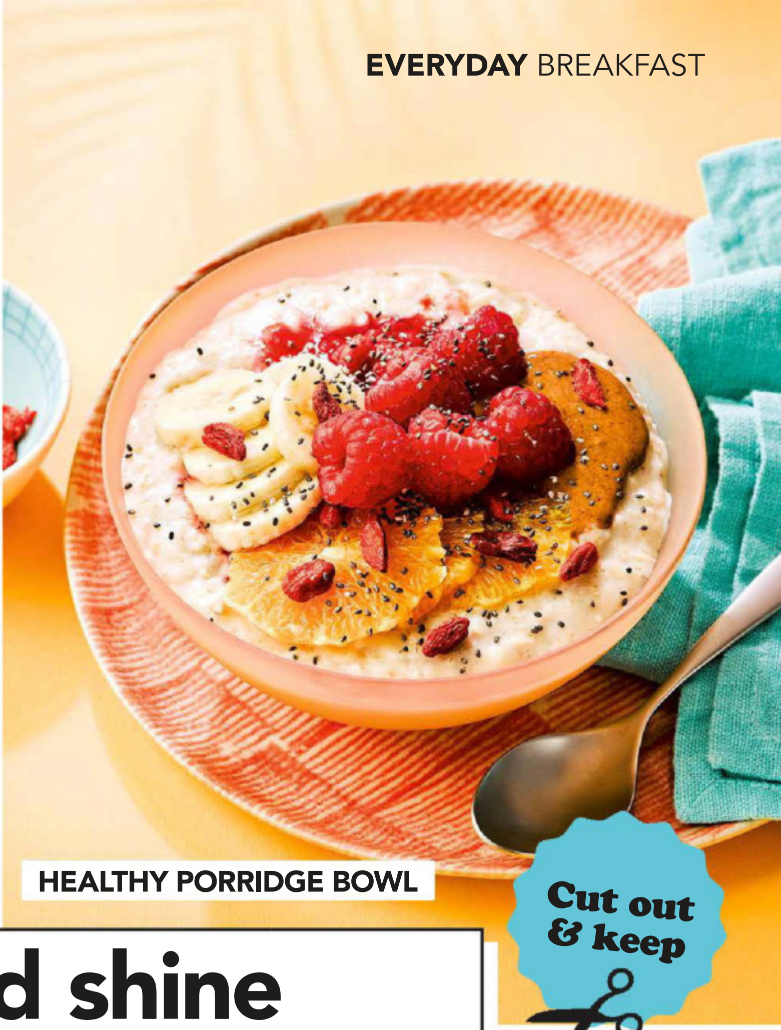
ORANGE & BLUEBERRY BIRCHER



HEALTHY PORRIDGE BOWL

BREAKFAST EGG WRAPS

VANILLA & CINNAMON BREAKFAST RICE

Healthy porridge bowl

Start your day the right way by tucking into this filling bowlful. The fruit adds a lovely sweetness to the hearty porridge oats.

■ Serves 2 ■ Prep 10 mins
■ Cook 5 mins VEGETARIAN

100g frozen raspberries
1 orange, ½ sliced and ½ juiced
150g porridge oats
100ml milk
½ banana, sliced
2 tbsp smooth almond butter
1 tbsp goji berries
1 tbsp chia seeds

1 Tip half the raspberries and all the orange juice into a pan. Simmer for about 5 mins until the raspberries soften.

2 Meanwhile, stir the oats, milk and 450ml water in a pan over a low heat until creamy. Top with the raspberry compote, remaining raspberries, orange slices, banana, almond butter, goji berries and chia seeds.

PER SERVING 533 kcals, fat 19g, saturates 3g, carbs 66g, sugars 14g, fibre 13g, protein 17g, salt 0.1g

Orange & blueberry bircher

This delicious combination of oats, seeds and fruit adds up to a nutritious breakfast that has all the right fats, fibre, vitamins and minerals. Soaking the oats and seeds overnight will make them easier to digest. Our recipe makes enough to serve four, so chill half, if needed, for you to have on another day.

■ Serves 4 ■ Prep 15 mins plus overnight chilling ■ No cook
VEGETARIAN

140g porridge oats
4 tbsp golden flaxseed
4 oranges, 1 zested
350g bio yogurt
8 handfuls of blueberries

1 Mix the oats, flaxseed and orange zest in a large heatproof bowl. Pour over 600ml boiling water from the kettle. Stir and leave to cool. Cover and soak overnight in the fridge.

2 The following day, stir three-quarters of the yogurt into the bircher. Peel and chop all the oranges. Spoon the bircher into four glasses, then top with the chopped oranges, the rest of the yogurt and the blueberries. If chilling half for the following day, top the bircher with the fruit and yogurt just before serving.

PER SERVING 345 kcals, fat 9g, saturates 3g, carbs 48g, sugars 22g, fibre 8g, protein 13g, salt 0.2g

Vanilla & cinnamon breakfast rice

■ Serves 4 ■ Prep 10 mins
■ Cook 35 mins VEGETARIAN

200g wholemeal basmati rice
200ml whole milk
2 tsp vanilla extract
3 bay leaves
1 cinnamon stick
12 dried apricots, split in half widthways
4 x 100ml pots bio yogurt
12 walnut halves, broken into pieces

1 Tip the rice into a large, deep non-stick pan with 600ml water, the milk, vanilla, bay leaves and cinnamon. Bring to the boil, cover with a lid and simmer for 25-30 mins until the rice is tender. Keep an eye on it to ensure it doesn't boil dry near the end of the cooking time.

2 Meanwhile, tip the apricots into a small pan with 300ml water and cook for 10-15 mins over a low-medium heat until tender. Set aside.

3 Remove the bay leaves and cinnamon from the rice, then stir in half the yogurt. *The rice and apricots will keep chilled, separately, for 24 hrs. Eat cold or reheat, adding a splash of milk to the rice to loosen.* Spoon the rice into bowls and top with the remaining yogurt, the apricots and their juices and the walnuts.

PER SERVING 378 kcals, fat 11g, saturates 4g, carbs 54g, sugars 18g, fibre 4g, protein 14g, salt 0.3g

Breakfast egg wraps

Quick to make and filling too, these wraps are perfect little packages of protein. They're also a good source of iron and fibre.

■ Serves 4 ■ Prep 5 mins
■ Cook 7 mins VEGETARIAN

500g closed cup mushrooms
4 tsp cold-pressed rapeseed oil, plus 4 drops
320g cherry tomatoes, halved, or 8 tomatoes, cut into wedges
10 eggs
2 large handfuls of parsley, finely chopped
8 tbsp porridge oats (40g)
4 tsp English mustard powder, made up with water

1 Thickly slice the mushrooms. Heat 4 tsp oil in a non-stick frying pan and cook the mushrooms, covered, for 6-8 mins. Stir in the tomatoes and continue to cook, uncovered, for 1-2 mins until softened.

2 Crack the eggs into a bowl. Beat the parsley into the eggs along with the oats. Heat a drop of oil in a large non-stick frying pan and fry a quarter of the egg mixture for 1 min until almost set, then flip as if making a pancake. Tip onto a plate, spread with a quarter of the mustard, spoon a quarter of the filling down the centre and roll up. Repeat the process for another three wraps.

PER SERVING 429 kcals, fat 20g, saturates 4g, carbs 31g, sugars 4g, fibre 6g, protein 28g, salt 0.6g

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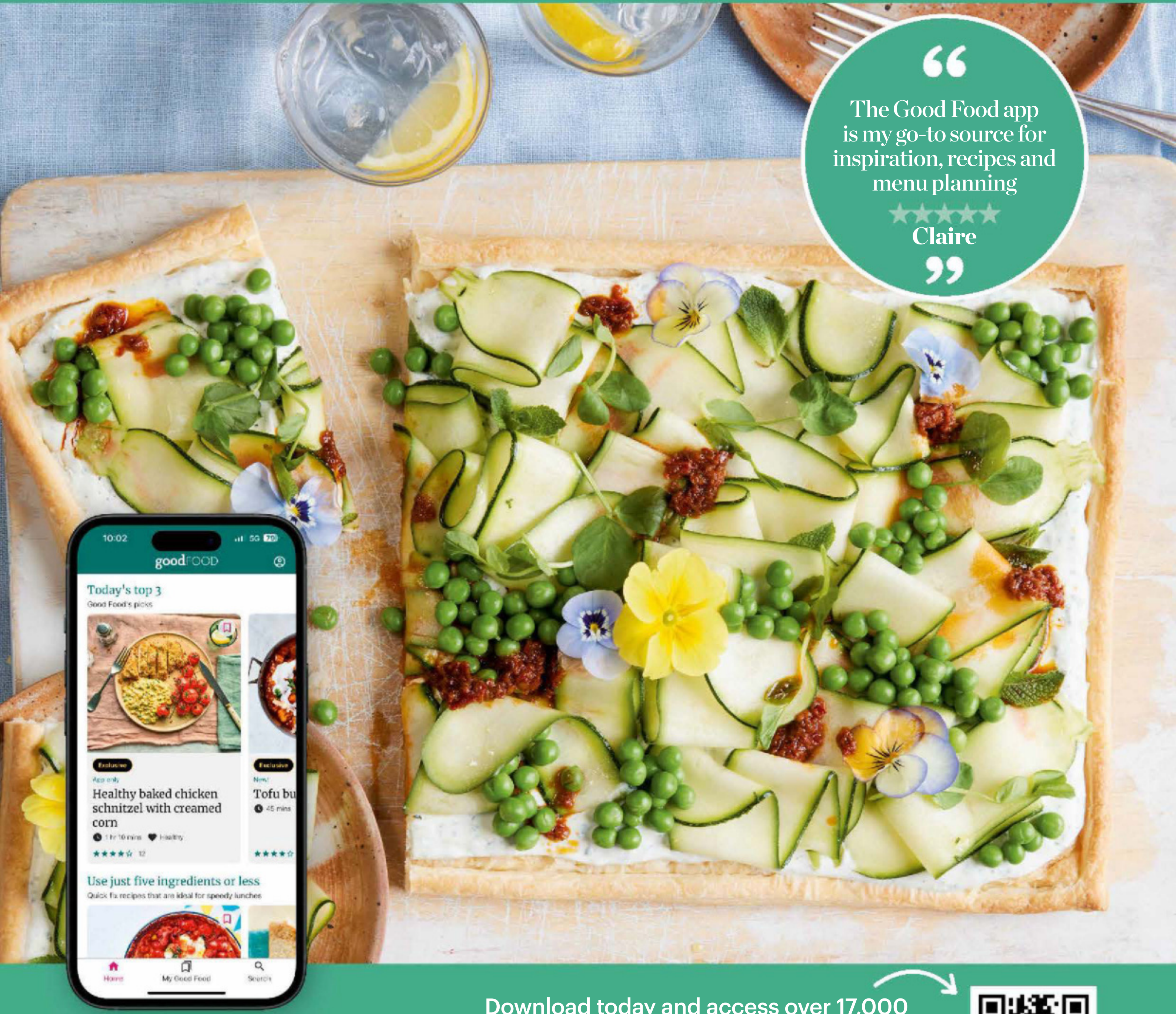
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A week of healthy meals

5

Want to cut down on meat? Check out these wholesome recipes with fish, veggies and legumes

Mushroom & chickpea burgers

■ Serves 4 ■ Prep 10 mins ■ Cook 20 mins VEGETARIAN

1 tbsp olive oil
250g chestnut mushrooms, finely chopped
2 garlic cloves, crushed
1 bunch of spring onions, finely sliced
1 tbsp medium curry powder
½ lemon, zested and juiced
400g can chickpeas, rinsed and drained
85g fresh wholemeal breadcrumbs
6 tbsp 0% fat Greek-style yogurt
pinch of ground cumin
2 mixed-grain muffins or rolls, toasted and halved
2 plum tomatoes, sliced
handful of rocket leaves

1 Heat 1 tsp oil in a non-stick frying pan and cook the mushrooms, garlic and spring onions for 5 mins. Mix in the curry powder, lemon zest and juice and cook for 2 mins more or until the mixture looks quite dry. Tip out onto a plate to cool slightly.

2 Use a potato masher or fork to mash the chickpeas in a bowl, leaving a few chunky pieces. Add the mushroom mixture and the breadcrumbs, then shape into four patties. Fry in the remaining oil for 3-4 mins each side until crisp and browned.

3 Mix the yogurt with the cumin. Place half a muffin on each plate and spread with the yogurt. Top with the burgers, a few slices of tomato and some rocket leaves.

PER SERVING 271 kcals, fat 7g, saturates 1g, carbs 40g, sugars 4g, fibre 6g, protein 15g, salt 1.1g

■ *High in fibre*
■ *Low-fat*

Protein is important

- If you are eating less meat than you used to, make sure you're still getting enough protein because we need it to help our bodies repair cells and make new ones.
- Daily recommendations are around 45g for women and 56g for men. If you eat protein with each meal, you're likely to achieve this. For example, a 60g bowl of muesli with ¼ pint of milk provides around 5g protein.
- It's easy to increase your protein intake with simple changes to your diet. Healthy sources include fish, eggs, low-fat dairy products, skinless poultry, green leafy veg, nuts, seeds, pulses and beans.
- Try to fill at least a quarter of your plate with protein-rich food, and eat protein-rich snacks, such as nuts or yogurt, during the day.

Grilled mackerel with orange, chilli & watercress salad

■ Serves 4 ■ Prep 25 mins ■ Cook 4 mins

- **1 tsp black peppercorns**
- **1 tsp coriander seeds**
- **4 oranges**
- **1 red chilli, deseeded and finely chopped**
- **8 fresh mackerel fillets**
- **1 tsp wholegrain mustard**
- **1 tbsp clear honey**
- **120g bag watercress, spinach and rocket salad mix**
- **1 shallot, thinly sliced**

1 Finely crush the peppercorns and coriander seeds together using a pestle and mortar. Grate the zest from half an orange and mix into the pepper mixture along with half the chopped chilli. Lightly slash the skin of the mackerel and press the zesty, peppery mixture onto the fish. Heat the grill.

2 To make the salad, segment the oranges. First slice the top and bottom off each orange, then cut away the peel and any white pith using a small, sharp knife. Holding each orange over a bowl to catch all the juice, cut down either side of each segment to release it, then give the shells a squeeze to release any extra juice. Measure 4 tbsp of the orange juice into a small bowl and mix with the mustard, honey and remaining chilli.

3 Grill the mackerel, skin-side up, for 4 mins or until crisp and cooked through. Meanwhile, divide the salad leaves between four plates and scatter with the orange segments and sliced shallot. Drizzle over the chilli orange dressing and top with the grilled mackerel fillets.

PER SERVING 412 kcals, fat 25g, saturates 5g, carbs 18g, sugars 17g, fibre 3g, protein 30g, salt 0.3g

■ 2 of 5-a-day
■ Good source of omega-3 and vitamin C

Tip

This sauce freezes well and is so versatile, it's worth making a double batch, then jazzing it up by adding olives or prawns. Plus, if your children don't like the vegetable bits, you can simply blend the whole thing.

- *2 of 5-a-day*
- *Low-fat*

Super-veg pasta

■ Serves 6 ■ Prep 15 mins ■ Cook 30 mins VEGETARIAN FREEZABLE sauce only

2 red peppers, quartered and deseeded
2 tbsp olive oil
1 fennel bulb, roughly chopped
1 onion, roughly chopped
1 large carrot, roughly chopped
2 garlic cloves, crushed
¼ tsp crushed chillies
1 tsp fennel seeds
2 tbsp tomato purée
400g can chopped tomatoes
600ml vegetable stock
1 tsp caster sugar
500g bag fresh egg pasta
handful of basil, leaves shredded

1 Heat the grill and cook the peppers, skin-side up, for 10 mins or until beginning to char. Transfer to a bowl, cover and set aside. When cool enough to handle, peel off the skin and cut the flesh into strips.

2 Heat the oil in a large saucepan and cook the fennel, onion and carrot for 8-10 mins until softened. Stir in the garlic, crushed chillies, fennel seeds and tomato purée and cook for 2 mins more. Tip in the canned tomatoes, stock and sugar. Simmer, uncovered, for 15 mins or until the vegetables are completely soft.

3 Meanwhile, cook the pasta following pack instructions. Take out a couple of spoonfuls of the tomato sauce (this will later add texture), then blitz the rest in the saucepan with a hand blender until almost smooth. Simmer for 5 mins to thicken, then stir in the reserved sauce, the basil and peppers. Serve with the pasta.

PER SERVING 323 kcals, fat 6g, saturates 1g, carbs 58g, sugars 11g, fibre 6g, protein 12g, salt 0.4g

Sweet potato curry

■ Serves 4 ■ Prep 15 mins ■ Cook 45 mins VEGETARIAN

1 tbsp coconut oil
1 onion, chopped
2 garlic cloves, grated
thumb-sized piece of ginger, grated
500g sweet potatoes, peeled and cut into chunks
3 tbsp Thai red curry paste
1 tbsp smooth peanut butter
400ml can coconut milk
200g bag spinach
1 lime, juiced
cooked rice, to serve (optional)
dry roasted peanuts, to serve (optional)

1 Heat the oil in a saucepan over a medium heat and soften the onion for 5 mins. Add the garlic and ginger, and cook for 1 min until fragrant. Stir in the sweet potatoes, curry paste and peanut butter, then add the coconut milk and 200ml water. Bring to the boil, turn down the heat and simmer, uncovered, for 25-30 mins or until the sweet potatoes are soft.

2 Stir through the spinach and lime juice and season well. Serve with rice, if you like, and sprinkle over a few peanuts if you want some crunch.

PER SERVING 387 kcals, fat 25g, saturates 18g, carbs 32g, sugars 15g, fibre 7g, protein 6g, salt 0.6g

- 2 of 5-a-day
- High in fibre
- Gluten-free

Seafood & pepper rice

- Serves 4
- Prep 10 mins
- Cook 35 mins

1 tbsp olive oil
1 onion, finely chopped
1 red and 1 yellow pepper, deseeded and sliced
2 garlic cloves, sliced
250g paella rice
850ml hot vegetable stock
pinch of saffron
400g mixed seafood (we used a bag of frozen mixed seafood, defrosted before use)
½ small lemon, juiced
small handful of flat-leaf parsley, roughly chopped

1 Heat the oil in a large saucepan and soften the onion for 6-7 mins. Tip in the peppers and garlic, cook for 2 mins more, then stir in the paella rice and cook for 1 min, stirring to coat.

2 Pour in the stock, add the saffron and bring to the boil. Cook, uncovered, at a gentle bubble, for 20 mins, stirring occasionally until the rice is tender.

3 Stir in the seafood and lemon juice and cook for 2 mins more or until piping hot and completely cooked through. Serve in warm bowls scattered with the parsley.

PER SERVING 369 kcals, fat 7g, saturates 1g, carbs 58g, sugars 6g, fibre 7g, protein 23g, salt 1g

- *1 of 5-a-day*
- *Low-fat*

BOX CLEVER

Perk up lunchbreaks with tasty ideas that are oh-so-easy

EACH RECIPE MAKES 2 LUNCHBOXES

Smoky mackerel & beans

Tip **1 can cannellini beans** into a sieve, rinse with cold water and leave to drain. Whisk **2 tbsp olive oil**, **1 tbsp white wine vinegar** and **½ tsp horseradish cream** in a bowl and season. Tip in the beans with **2 tbsp chopped flat-leaf parsley** and **¼ finely chopped red onion** and toss. Divide between lunchboxes and top each with a **smoked mackerel fillet** and a **lemon wedge**.

Avocado, prawns & greens

Blanch **100g frozen peas**, **100g frozen edamame beans** and **100g chopped long-stem broccoli** for 2 mins, then rinse under cold water and drain. Whisk **1 tbsp groundnut oil**, **1 tbsp soy sauce** and **1 tsp sesame oil** in a bowl. Add the greens along with **1 small pack cooked king prawns**, **1 tbsp chopped pickled ginger**, **1 finely chopped red chilli** and **½ diced avocado**. Pile into lunchboxes and sprinkle with **black sesame seeds**.

Protein-rich box

Boil **2 eggs** for 7 mins, adding **100g green beans** for the final 2 mins of cooking, then drain and rinse everything until cool. Peel the eggs. Whisk **2 tbsp olive oil** with **1 tbsp red wine vinegar** and **1 tsp Dijon mustard.** Add the beans, **1 pack cooked puy lentils** and **3 chopped spring onions** and toss. Divide between two lunchboxes and top with the eggs, plus a few **cooked chicken breast slices**.

Hummus falafel bowl

Shred **¼ small red cabbage** and toss with **1 tbsp lemon juice** and a pinch of salt. Grate **2 carrots**. Divide **4 tbsp hummus** between lunchboxes. Add a few leaves of **Little Gem lettuce** and **3 falafels** to each, then the carrots and cabbage. Sprinkle with **pumpkin seeds** and pack **small pittas**

One and only

Vibrant dishes for when you're eating alone... just grab your chopsticks!

Cauliflower, prawn & peanut stir-fry

■ Serves 1 ■ Prep 5 mins
■ Cook 20 mins

¼ cauliflower, broken into florets
1 tbsp vegetable oil
1 garlic clove, finely sliced
½ red chilli, finely sliced
thumb-sized piece of ginger, finely grated
60g raw king prawns
1 tbsp rice vinegar
2 tbsp hoisin sauce
3 spring onions, shredded
15g peanuts, roughly chopped
brown rice, to serve

1 Heat the grill to high. Toss the cauliflower on a baking tray with ½ tbsp of the oil and grill for 15-20 mins or until golden around the edges.

2 When the cauliflower is done, heat the remaining oil in a small saucepan or wok. Tip in the garlic, chilli and ginger, and cook for 1 min. Increase the heat, add the prawns and fry for 1 min more. Add the vinegar and hoisin, let it bubble, then toss the cauliflower through the sticky sauce. Top with the spring onions and peanuts, and serve with brown rice.

PER SERVING 346 kcals, fat 20g, saturates 2g, carbs 23g, sugars 16g, fibre 4g, protein 17g, salt 2g

Super-quick sesame ramen

Lunch doesn't get much faster than this – it's on the table in just 15 minutes.

■ Serves 1 ■ Prep 5 mins
■ Cook 10 mins VEGETARIAN

80g instant noodles (ideally sesame-flavoured)
2 spring onions, finely chopped
½ pak choi
1 egg
1 tsp sesame seeds
1 tsp sesame oil (this may be provided with the noodles)
chilli sauce (optional), to serve

1 Cook the noodles (with the flavouring sachet) following pack instructions (or you can use stock instead of the sachet, if you have it). Add the spring onions and pak choi for the final minute of cooking.

2 Meanwhile, simmer the egg for 6 mins from boiling, run it under cold water to stop it cooking, then peel it. Toast the sesame seeds in a frying pan.

3 Tip the noodles, broth and greens into a deep bowl, halve the egg and place on top. Sprinkle with the sesame seeds, then drizzle with the oil and chilli sauce, if using.

PER SERVING 205 kcals, fat 7g, saturates 2g, carbs 21g, sugars 4g, fibre 4g, protein 11g, salt 0.4g

Sweet & sour tofu

■ Serves 1 ■ Prep 10 mins
■ Cook 15 mins VEGETARIAN

1 tbsp rapeseed or vegetable oil
75g extra-firm tofu, cut into 2cm chunks
½ onion, cut into thin wedges
½ red pepper, chopped into chunks
1 large garlic clove, finely sliced
80g fresh pineapple chunks
1 tbsp low-salt ketchup
1 tbsp rice wine vinegar
½ tbsp dark soy sauce
basmati rice, to serve
sesame seeds, to serve

1 Heat half the oil in a non-stick frying pan over a medium heat. Tip in the tofu and fry for 5 mins, turning regularly, until golden brown on all sides. Transfer to a plate using a slotted spoon and then set aside.

2 Heat the remaining oil in the pan over a high heat. Fry the onion, pepper and garlic for 5-6 mins, or until the vegetables begin to soften. Add the pineapple, ketchup, vinegar, soy sauce and 50ml water, and simmer for 1 min, or until slightly reduced. Stir the tofu back into the pan.

3 Cook the basmati rice following pack instructions. Serve the tofu in bowls with the rice and a sprinkling of sesame seeds.

PER SERVING 530 kcals, fat 17g, saturates 2g, carbs 75g, sugars 18g, fibre 8g, protein 15g, salt 1.2g

Creamy veg ramen

■ Serves 1 ■ Prep 15 mins
■ Cook 15 mins VEGETARIAN

½ tbsp toasted sesame oil, plus extra to serve
1 garlic clove, crushed
½ thumb-sized piece ginger, peeled and finely grated
½ tsp dried shiitake mushrooms (optional)
½ litre vegetable stock
½ tbsp soy sauce
½ tsp caster sugar
½ pak choi, quartered lengthways
50g sugar snap peas
150g cooked egg noodles
1½ tbsp tahini
1 tbsp miso paste
70g firm tofu block, patted dry and cut into quarters
98g canned sweetcorn
1 carrot, cut into thin strips
½ small bunch of coriander
1 tbsp chilli oil (optional)

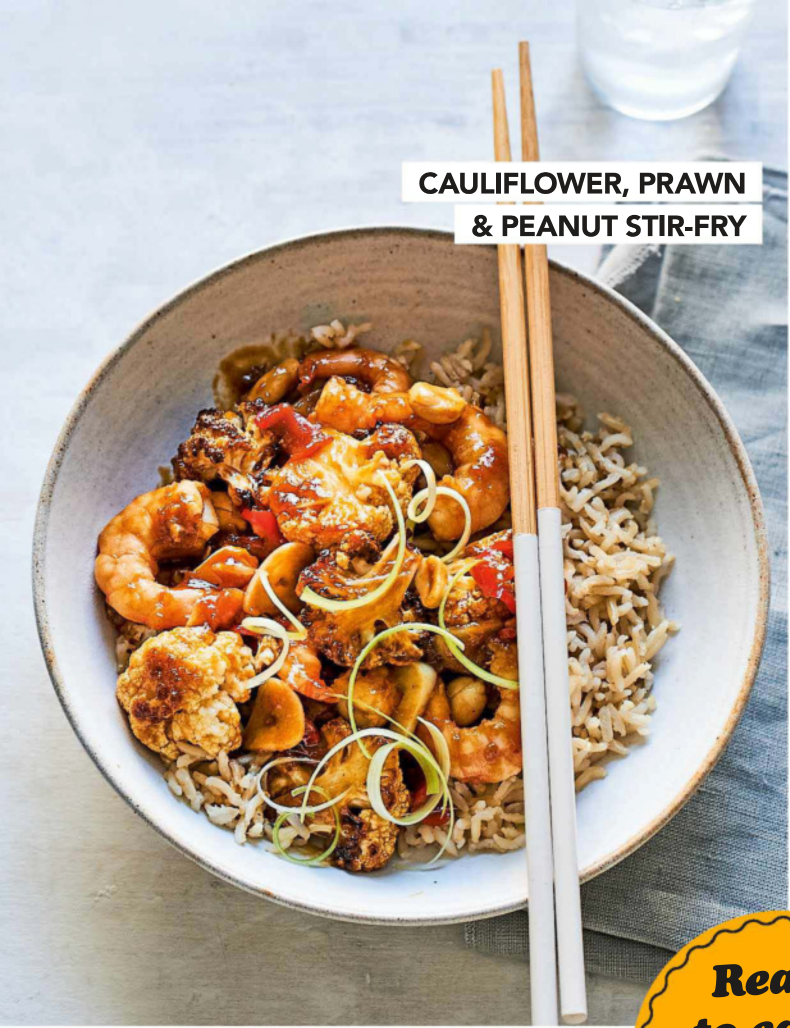
1 Heat the oil in a large pan over a low heat and cook the garlic and ginger for 2 mins before adding the shiitake mushrooms, if using, the stock, soy sauce and sugar.

2 Turn the heat to medium. Bring to a simmer. Add the pak choi, peas and noodles. Simmer for 2 mins until cooked. Stir in the tahini and miso. Season. Keep warm.

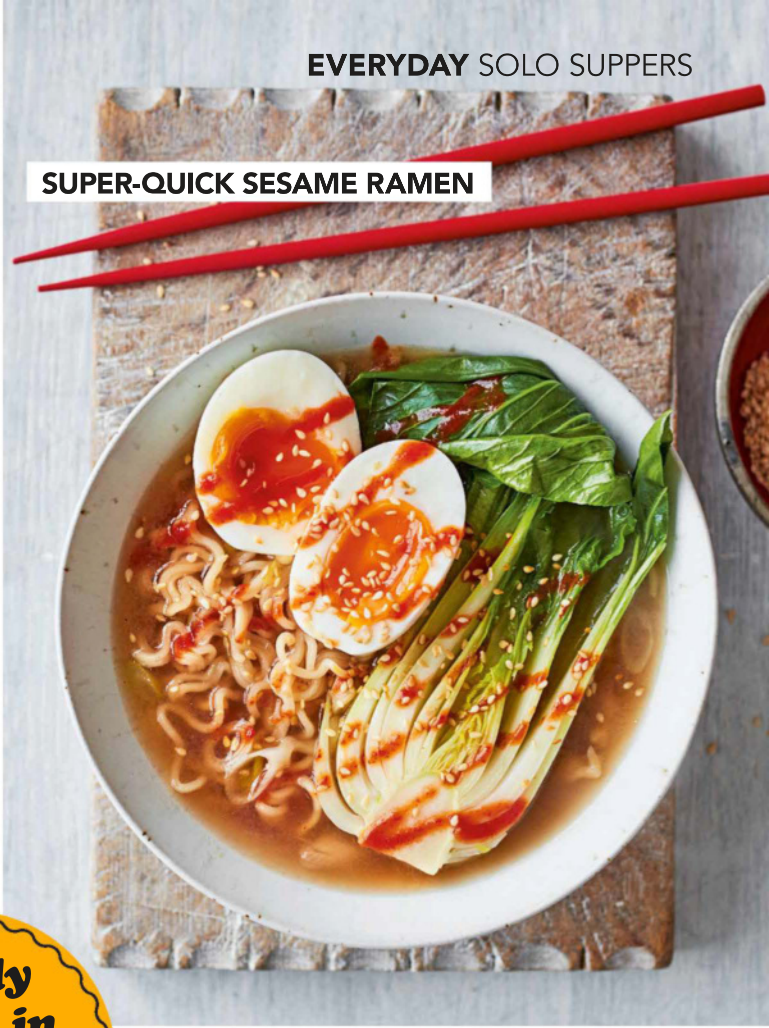
3 Drizzle a little oil into a small non-stick pan and fry the tofu quarters until crisp all over.

4 Spoon the noodles, pak choi, peas and broth into a deep bowl and top with the sweetcorn, carrot, tofu, coriander and chilli oil, if you like.

PER SERVING 710 kcals, fat 32G saturates 4.7G, carbs 67.7G, sugars 21.4G, fibre 16G, protein 29.8G, salt 3.8G



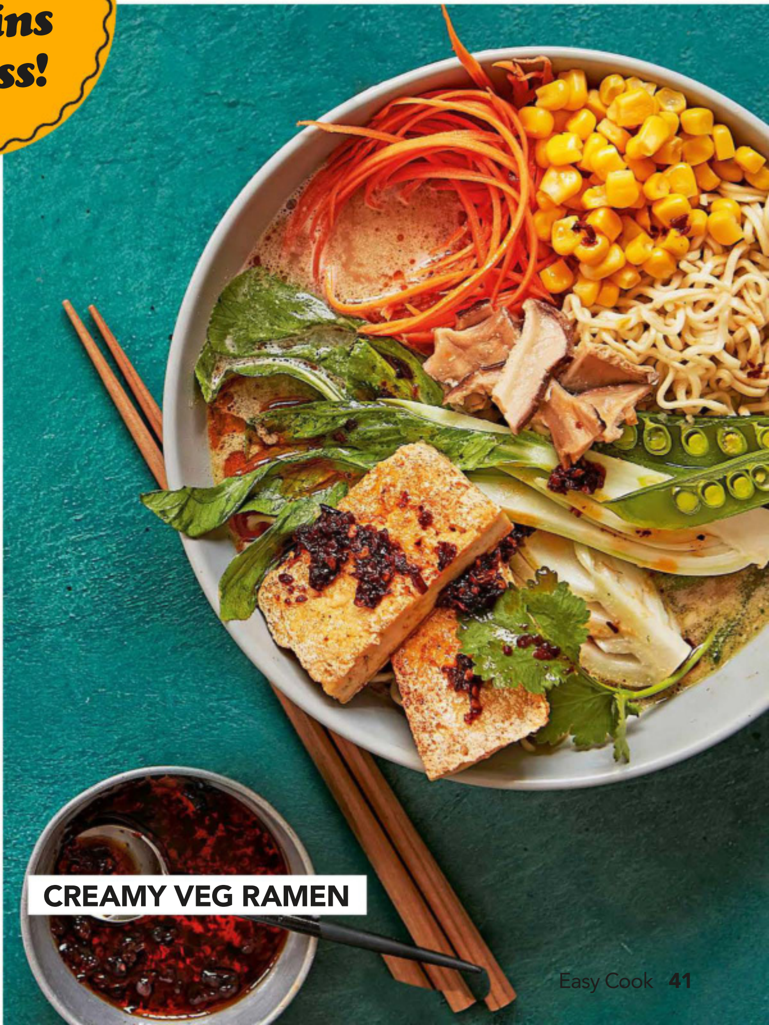
CAULIFLOWER, PRAWN & PEANUT STIR-FRY



SUPER-QUICK SESAME RAMEN

Ready to eat in 30 mins or less!

SWEET & SOUR TOFU



CREAMY VEG RAMEN

10 ways to

Brilliant ideas to take the humble slice to a whole new level of flavour

1

Bacon & eggs

Dry-fry **4 rashers diced streaky bacon** until crisp. Beat together **6 eggs** with seasoning and **2 tbsp milk**. Tip into the pan with the bacon and gently stir until scrambled and fluffy. Toast **4 slices of bread** (soft white slices work well) and divide between four plates. Top with the bacon and eggs and add a few **snipped chives**, if you like. Serves 3.

4

Cheese & onion rarebit

Heat **1 tbsp olive oil** in a small pan and gently cook **1 finely chopped onion** for about 5 mins until soft. Tip out the pan and add **25g butter**. When foaming, add **25g plain flour**, cook, stirring constantly, for 1 min, then add **150ml milk**. Simmer, stirring often, for 2 mins, remove from the heat and add **1 tsp mustard**, the onions, a dash of **Worcestershire sauce** and **75g cheddar**. Heat the grill to high and toast **8 small slices of bread**. When lightly golden, top with a thick layer of the sauce and grill until golden and bubbling. Serves 4.

7

Coronation chicken

Tear **200g cooked chicken** into bite-sized pieces. Mix with **2 tsp Madras curry powder, 3 tbsp mayonnaise, 1 tbsp mango chutney, 25g flaked almonds, 25g sultanas** and a **handful of chopped coriander**. Leave for 30 mins in the fridge, if you have time. Spoon over **2 slices of toast** and top with **shredded Baby Gem lettuce**. Serves 1 (easily doubled).

2

Roasted tomato, mozzarella & rocket

Heat the oven to 200C/180C fan/gas 6. Put **350g halved baby plum tomatoes**, cut-side up, in a roasting tin and drizzle with **1 tbsp olive oil, 1 tbsp balsamic vinegar** and a few **chopped thyme sprigs**. Season and cook for 30 mins. Meanwhile, toast **4 thick slices bread** (sourdough works well) until golden. Divide between two plates and top with the tomatoes. Scatter on **125g ball torn mozzarella**, a few **basil leaves** and a **small handful of rocket**. Serve with a drizzle of **olive oil**. Serves 2.

5

Peanut butter, banana & honey

Lightly toast **4 small slices of bread** (brioche works well). Spread each slice with **1 tbsp chunky peanut butter**, then top with ½ **sliced banana** each. Finish with a drizzle of **honey**. Serves 2.

8

Spiced scrambled eggs

Heat **1 tbsp butter** in a non-stick saucepan until foaming, then reduce the heat to low. Pour in **3 medium eggs**, beaten, and stir regularly for 5-10 mins until the eggs are lightly scrambled. Stir through **1 roughly chopped tomato, ½ diced red pepper, 1 tsp chilli powder** and **2 tbsp chopped coriander**. Season. Spread over **2 slices of toast** and top with **sliced spring onions**. Serves 1 (easily doubled).

3

White bean, tomato & anchovy ragu

Heat **1 tsp olive oil** in a small pan. Cook **1 sliced garlic clove, 4 chopped anchovy fillets** and **1 tbsp chopped rosemary leaves** until the garlic is just brown. Drain and rinse a **400g can cannellini beans** and add to the pan along with **2 tbsp tomato purée** and the **zest and juice of ½ lemon**. Cook on a medium heat for 5-10 mins until thickened, crushing the beans slightly as you stir. Spread over **2 slices toast** and serve with some **rocket leaves**. Serves 1.

6

Herby mushrooms on toast

Roughly chop a **250g pack mushrooms**, then fry in a **knob of butter** for 5-6 mins, until soft and light golden. Tip in **1 crushed garlic clove** and cook for 1 min more. Remove from the heat, then stir through another knob of butter and **1 tbsp chopped parsley**. Toast **2 slices of crusty wholemeal bread** and then top with the mushroom mixture. Serves 2.

9

Smoked mackerel & beetroot

Slice **1 large or 2 small cooked beetroots** into wedges. In a bowl, mix the beetroot, **25g soured cream, zest and juice of ½ lemon** and **1 thinly sliced shallot**. Spoon onto **2 slices of toast**. Flake over **1 smoked mackerel fillet** and scatter with a little **chopped dill**. Serves 1 (easily doubled).

top toast

10

Tomato, piccalilli & red onion rarebits

Heat the grill. Toast **2 slices of bread** and spread each with **2 tbsp piccalilli**. Divide **2 sliced vine tomatoes**, **½ thinly sliced red onion** and **8 thick slices mature cheddar** evenly over each slice. Cook under the grill for 3-5 mins until brown and bubbling. Serve with a few **baby salad leaves**. Serves 1, but easily doubled.

Under pressure? ...no way!

Whip up a nourishing family meal in minutes with **Catherine Phipps**'s easy, fuss-free recipes for your pressure cooker. You'll have it on the table in no time...

Chicken with chorizo

When I was writing this book (see page 47), I talked to as many people as I could about how they cook and eat – even setting up little WhatsApp focus groups. The ingredients that came up most were chicken and chorizo, often together. This makes so much sense to me – chorizo is one of those big flavour ingredients that can carry a dish, meaning there's less need for other seasonings. That's why the garlic is optional in this recipe – there's already quite a whack in the chorizo.

■ Serves 4 ■ Prep 10 mins ■ Cook 15 mins

2 tbsp olive oil
150g spicy cooking chorizo, sliced into rounds
1 red onion, cut into wedges
1 red pepper, cut into thick strips
3 garlic cloves, finely chopped (optional)
6 skinless chicken thigh fillets, halved
1 tsp dried thyme
100ml white or red wine
200g tomatoes (fresh or canned), puréed
400g baby potatoes, thickly sliced
400g sprouting broccoli or green beans, trimmed (optional)
TO SERVE
1-2 tsp sherry vinegar
½ lemon, zested and juiced
small bunch of flat-leaf parsley, finely chopped

1 Heat the pressure cooker and tip in the oil. When hot, add the chorizo and sear on both sides. Remove and add the onion and pepper. Fry for 1 min over a high heat, then add the garlic, if using, and cook for a further minute. Push to one side and add the chicken. Stir to coat in the oil, then sprinkle over the thyme.

2 Pour in the wine and stir to make sure the base of the cooker is completely deglazed. Spread the chicken out evenly over the base of the cooker, then add the tomatoes, 100ml water and the potatoes. If you want to cook some greens alongside, wrap in foil and place in the cooker.

3 Close the lid and bring up to high pressure. Adjust the heat so it's just high enough to maintain the pressure, then cook for 3 mins. Remove from the heat and leave to drop pressure naturally. Stir in the sherry vinegar, a teaspoon at a time, tasting as you go, then do the same with the lemon juice. Sprinkle over the lemon zest and parsley, and serve immediately.

Chickpea & roast cauliflower chaat

Despite the very long list of ingredients, this is amazingly quick to assemble, with a delicious combination of sweet, sour, spice. It's also flexible: no chickpeas? Use red kidney beans or sliced new potatoes. No spinach? Salad leaves will be just as good. Sev is a thin, crispy fried noodle, the sort you get in Bombay mix. It comes in different flavours, with varying degrees of spice.

■ Serves 4 ■ Prep 15 mins
■ Cook 10 mins VEGETARIAN

1 tbsp coconut oil
3 garlic cloves, finely chopped
500g dried chickpeas, rinsed
1 tbsp tamarind paste
1 tsp garam masala or curry powder
FOR THE CAULIFLOWER
1 tbsp coconut oil
few curry leaves (optional)
1 tsp nigella or cumin seeds
1 medium cauliflower, cut into small florets
1 tsp garam masala or curry powder
TO SERVE
2 shallots or 1 red onion, finely sliced
1 lime or ½ lemon, juiced
200g yogurt
2 tbsp mango chutney
100g baby spinach leaves
100-125g sev (or use Bombay mix)
1 small pomegranate, seeds only
2 medium chillies, finely chopped
small bunch of coriander, leaves picked and chopped
1 tsp amchoor (optional)

1 First, prepare your garnishes. Season the shallots or onion with ½tsp salt, pour over the lime or lemon juice and leave to marinate. Combine the yogurt and chutney in a bowl and season. Set aside.

2 Heat the pressure cooker and pour in the coconut oil. Once melted, tip in the garlic and fry for a couple of minutes. Add the chickpeas, tamarind paste and garam masala and 150ml water. Season. Stir, then close the lid, bring up to high pressure and immediately remove from the heat. Leave to drop pressure for 2 mins, then release the rest of the pressure. Transfer the contents to a bowl to start cooling.

3 Wash out the pressure cooker and reheat. Once the cooker is hot, melt the coconut oil and fry the curry leaves and seeds until they start to crackle. Tip in the cauliflower and fry over a high heat for 2 mins until it starts to colour. Stir in the garam masala and 75ml water. This will create a lot of steam – quickly click the lid into place and bring up to high pressure. Remove from the heat immediately and leave to drop pressure for 30 seconds before releasing the rest of the pressure.

4 Arrange the chickpeas over a large platter, adding a little of the cooking liquor, then stir through the spinach. Sprinkle over some of the sev, then top with the cauliflower. Stir, then sprinkle over more sev. Drizzle over a couple of spoonfuls of the chickpea cooking liquor. Drain the shallots and sprinkle over the platter, along with the pomegranate seeds, chillies and plenty of coriander. Top with more sev and sprinkle over the amchoor, if using. Serve with some spiced yogurt on the side.

Recipes adapted from *Everyday Pressure Cooking* by Catherine Phipps (£22, Quadrille) and not retested by us. Photographs by Andrew Hayes-Watkins.

Tomato & lentil soup

By far, the most popular recipe in my last book was a buttery tomato soup. Here, I wanted to create something similar in terms of very fast prep time with the same comfort factor. We are a household that loves spice, so this recipe – inspired by one from Madhur Jaffrey in her excellent Curry Easy – does it for us. And, it happens to be even faster in terms of prep and cooking! You don't have to be bound by any of these flavours – it's an excellent receptacle for any spice or curry paste you might want to use up.

■ Serves 4 ■ Prep 10 mins
■ Cook 5 mins VEGETARIAN

2 x 400g cans tomatoes (or use fresh), puréed
100g red lentils, rinsed
1 onion, halved
10g piece of ginger, peeled and roughly chopped
4 garlic cloves
1 tbsp of your favourite curry powder
1 tbsp coconut oil
1 litre vegetable or chicken stock (or use water)
small bunch of coriander
1-2 green chillies, finely sliced, to serve
FOR THE TADKA (OPTIONAL)
1 tbsp coconut or olive oil
15 curry leaves
1 tsp mustard or cumin seeds

1 Put everything except the coriander and chillies into the pressure cooker. Cut the coriander leaves from the stems, and add the stems to the cooker along with plenty of salt, reserving the leaves. Bring to high pressure, then adjust the heat until it's just high enough to maintain the pressure. Cook for 5 mins, then remove from the heat and leave to drop pressure naturally.
2 Blitz the soup using a jug or hand blender, and make sure it's piping hot. Pour into four bowls. If making the tadka, heat the coconut oil in a small frying pan and add the curry leaves and mustard seeds. As soon as they start to crackle and pop, remove from the heat and pour in a swirl over the bowls. Serve with the coriander leaves and some sliced green chillies.

Eating out at home

Our clever mix-and-match menus deliver the restaurant experience for two without the expense

Simply choose a starter, main and dessert from each section to build your own special menus.

STARTERS

Falafel meze bowl

- Serves 2
- Prep 10 mins
- Cook 25 mins

VEGETARIAN

200g falafels
1 tbsp olive oil
½ lemon, juiced
50g young spinach
4 tbsp hummus
2 roasted red peppers from a jar, sliced
1 tbsp pumpkin seeds, toasted
warm pittas and chilli sauce, to serve

1 Heat the falafels following pack instructions. Whisk the oil with 2 tbsp lemon juice and some seasoning. Dress the spinach and divide between two large bowls.
2 Add the falafels, hummus and peppers in separate piles. Scatter over the pumpkin seeds and serve with the warmed pittas and chilli sauce.

PER SERVING 499 kcals, fat 30g, saturates 4g, carbs 34g, fibre 9.2g, protein 15g, salt 1.5g

Quick piri-piri prawns

- Serves 2
- Prep 15 mins plus marinating
- Cook 4 mins

1 red chilli, finely chopped
1 lime, juiced
½ garlic clove, crushed
½ tsp ground coriander
pinch of ground cinnamon
½ tsp ground ginger
300g large, raw, peeled prawns
1 tbsp oil
buttered crusty baguette and lettuce leaves, to serve

1 Put the chilli, lime, garlic and spices in a bowl along with some seasoning. Add the prawns and toss together. Leave to marinate for 10 mins.
2 Heat the oil in a non-stick pan. Cook the prawns and their marinade for 3-4 mins until pink. Serve with slices of buttered baguette and lettuce.

PER SERVING 171 kcals, fat 6.5g, saturates 1g, carbs 1.2g, fibre 0.1g, protein 26g, salt 0.7g

Crab & avo tacos

- Serves 2
- Prep 10 mins
- Cook 5 mins

4 small tortillas
100g white crabmeat
3 spring onions, shredded
½ avocado, sliced
1 tbsp soured cream
1 tbsp mayonnaise
½ tbsp chipotle chilli sauce
handful of coriander, chopped
1 red chilli, finely chopped

Griddle the tortillas or warm in a dry frying pan. Divide the crab between them and top with the onions and avocado. Mix the cream, mayonnaise and chilli sauce, and thin with water. Drizzle the sauce over the tacos, then sprinkle with coriander and chilli before folding or rolling up.

PER SERVING 519 kcals, fat 27g, saturates 6.4g, carbs 47g, fibre 4.6g, protein 18g, salt 1.4g

Boiled egg, avocado & quick pickled radish

■ Serves 2 ■ Prep 10 mins
■ Cook 5 mins VEGETARIAN

100g mixed radishes, cut into different shapes
1 tbsp white wine vinegar
pinch of caster sugar
1 large avocado
½ lime, juiced
pinch of chilli flakes, plus extra to serve (optional)
4 slices of your favourite bread (we used sourdough)
2 eggs, soft-boiled for 6 mins, then rinsed under cold water, peeled and halved

1 Toss the radishes in a bowl along with the vinegar, sugar and a pinch of salt. In a separate bowl, mash the avocado with the lime juice, a pinch of chilli flakes and some seasoning.
2 Toast the bread, then top each slice with a little avocado, half an egg, some pickled radishes and a few more chilli flakes sprinkled over, if you like.

PER SERVING 561 kcals, fat 26g, saturates 6g, carbs 57g, sugars 5g, fibre 7g, protein 21g, salt 1.5g

Salmon sashimi

To make great sashimi, buy the very freshest salmon.

■ Serves 2 ■ Prep 15 mins ■ No cook

300g salmon fillet
2cm piece of root ginger, peeled and shredded
1 tbsp chopped chives
2 tsp sesame seeds
sesame oil and soy sauce, to serve

1 Slice the salmon as thinly as you can. Put a few slices on each plate, then top with ginger, chives, sesame seeds and a few drops of sesame oil. Serve with soy sauce for dipping.

PER SERVING (excluding soy sauce) 334 kcals, fat 23g, saturates 4.2g, carbs 0.3g, fibre 0.5g, protein 31g, salt 0.1g

Smoky steak with jalapeño cream

■ Serves 2 ■ Prep 10 mins ■ Cook 4 mins

1 large or 2 small sirloin or rump steaks (about 250g), fat trimmed
olive oil
½ tsp ground cumin
½ tsp hot smoked paprika
2 tbsp chopped pickled jalepeños
6 tbsp half-fat soured cream
small bunch of coriander, chopped
2 handfuls of salad leaves
100g cherry tomatoes, halved
4 spring onions, sliced
2 handfuls of tortilla chips, to serve

1 Rub the steak with oil, then rub in the spices, season and set aside. Mix the jalapeños, soured cream and coriander in a bowl and season.
2 Heat a non-stick frying pan until hot and sear the steak for 2 mins each side. Leave to rest for a couple of minutes, then slice the steak and arrange on two plates. Toss together the salad leaves, tomatoes and spring onions and add to the side. Serve the steak with a little bowl of jalapeño cream and some tortilla chips.

PER SERVING 280 kcals, fat 14g, saturates 6.6g, carbs 5.2g, fibre 2.4g, protein 30g, salt 0.6g

Creamy gnocchi with olives, parsley & caper salad

■ Serves 2 ■ Prep 10 mins
■ Cook 10 mins VEGETARIAN

1 pack gnocchi (350-400g)
100g soft rindless goat's cheese or vegetarian alternative, sliced
2 tbsp double cream, mascarpone or crème fraîche
2 tsp red wine vinegar
1 tbsp olive oil
2 tsp capers, rinsed
8 green olives, pitted and sliced
½ bunch of flat-leaf parsley, leaves only, chopped
½ small red onion, thinly sliced

1 Heat the grill. Cook the gnocchi following pack instructions, then drain and toss with the cheese and cream. Tip into individual heatproof dishes and grill until golden.
2 Whisk the vinegar with the oil and season, then toss with the capers, olives, parsley and onion. Pile on top of the gnocchi and serve.

PER SERVING 613 kcals, fat 36g, saturates 21g, carbs 51g, fibre 4.8g, protein 17g, salt 2.8g

Sea bass with noodle salad

■ Serves 2 ■ Prep 30 mins
■ Cook 10 mins

1 shallot, finely sliced
1½ tbsp lime juice, plus wedges to serve
1 tbsp rice wine vinegar
½ tbsp fish sauce
1½ tbsp golden caster sugar
½ red bird's eye chilli, finely sliced
100g rice vermicelli noodles
2 sea bass fillets
olive oil, for brushing
¼ cucumber, seeded and sliced
handful of mint leaves, finely sliced
large handful of coriander, chopped

1 Put the shallot, lime juice, vinegar, fish sauce and caster sugar in a bowl and mix until the sugar dissolves, then add the chilli and leave to macerate.
2 Meanwhile, cook the rice noodles, rinse under cold water and drain well. Brush the fish with oil, then grill, skin-side up, for 4-5 mins.
3 Toss the noodles in the shallot mixture with the cucumber and most of the herbs. Divide the noodles between plates, put the fish, skin-side up, on top of each and sprinkle over the rest of the herbs. Serve with wedges of lime for squeezing over.

PER SERVING 518 kcals, fat 16g, saturates 3.4g, carbs 57g, fibre 1.5g, protein 33g, salt 1.3g

Duck, mango & watercress salad

■ Serves 2 ■ Prep 10 mins ■ Cook 20 mins

2 duck breasts, skin scored
1 tsp Chinese five-spice powder
2 tsp soy sauce
1 tsp sesame oil
1 tsp honey or brown sugar
2 tsp rice vinegar
1 mango, peeled and sliced
½ red onion, finely sliced
2 handfuls of watercress

1 Heat the oven to 200C/fan 180C/gas 6. Put the duck in an ovenproof frying pan, skin-side down, and cook for 8-10 mins until the skin is crisp and a lot of the fat has rendered out.
2 Mix the five-spice with ½ tsp sea salt, then flip the breasts so they are skin-side up and sprinkle over the spice mixture. Cook in the oven for 10 mins. Leave to rest for 5 mins while you make the salad. Whisk the soy sauce, sesame oil, honey and vinegar. Toss with the mango and onion, then stir through the watercress. Slice the duck and add to the salad.

PER SERVING 441 kcals, fat 18g, saturates 4.7g, carbs 27g, fibre 4g, protein 38g, salt 2.3g

Baked feta with cherry tomatoes & garlic toast

- Serves 2
- Prep 10 mins
- Cook 20 mins

VEGETARIAN

olive oil
200g cherry tomatoes, halved
200g block feta or vegetarian alternative, halved
4 slices sourdough
1 garlic clove, halved
balsamic vinegar
few oregano leaves, picked and chopped
2 handfuls of green salad, to serve

1 Heat the oven to 200C/180C fan/gas 6. Drizzle olive oil in the bottom of two small baking dishes, divide most of the tomatoes between them, season, then add the feta to each. Top with the rest of the tomatoes, season again and drizzle with more olive oil.
2 Cover with foil and bake for 20 mins. Toast the sourdough, then rub with the cut side of the garlic and drizzle with a little more oil. Remove the foil from the dishes, drizzle with the balsamic vinegar and sprinkle over the oregano. Serve the baked feta with the salad and sourdough toast.

PER SERVING 491 kcals, fat 24g, saturates 14g, carbs 40g, fibre 3.4g, protein 24g, salt 3.3g

DESSERTS

Salted caramel popcorn pots

■ Serves 2 ■ Prep 10 mins plus at least 8 hrs chilling ■ Cook 10 mins
VEGETARIAN

400ml double cream
200ml milk
140g toffee popcorn, plus extra to serve
2 gelatine leaves or vegetarian alternative
4 tbsp caramel (canned or jarred)

1 Pour the cream and milk into a large pan, add the popcorn and bring to a gentle simmer, pushing the popcorn under the liquid and squashing gently on the bottom of the pan. Bubble for 1 min, then remove from the heat, transfer to a jug and chill for at least 6 hrs, or preferably overnight.
2 Strain the popcorn cream into a clean pan and gently reheat, discarding any bits of popcorn. Meanwhile, soften the gelatine leaves in cold water for 3-5 mins, then remove from the water and squeeze out any excess drops. Stir the gelatine into the hot popcorn cream until dissolved. Set aside to cool a little.
3 Mix the caramel with ¼ tsp flaky sea salt, taste, then add a little more if you think it needs it. Divide between two glasses. Pour the popcorn cream on top and chill for 2 hrs, or overnight.
4 Serve each pot topped with a few pieces of toffee popcorn.

PER SERVING 1,446 kcals, fat 118g, saturates 72g, carbs 82g, sugars 65g, fibre 3g, protein 12g, salt 2.0g

Lemon curd & raspberry pots

■ Serves 2 ■ Prep 10 mins ■ No cook VEGETARIAN

150ml double cream
70g punnet raspberries
2 tbsp lemon curd
2 large meringue nests, roughly crushed

1 Whip the cream until stiff. Gently fold in about three-quarters of the raspberries, the lemon curd and meringue so that some of the berries break up, some remain whole and there is a ripple effect. Divide between two bowls and then dot over the remaining raspberries.

PER SERVING 478 kcals, fat 41g, saturates 23g, carbs 26g, sugars 23g, fibre 1g, protein 2g, salt 0.1g

Strawberry cheesecakes

■ Serves 4 ■ Prep 10 mins ■ No cook VEGETARIAN

43g (about 4 biscuits) low-fat ginger biscuits
100g extra-light soft cheese
100g 0% fat Greek-style yogurt
2 tbsp caster sugar
1 drop of vanilla extract
1 tbsp good-quality strawberry jam
50g strawberries, hulled and sliced

1 Put the biscuits in a plastic bag and bash with a rolling pin until you have chunky crumbs. Divide between two glasses or small bowls.
2 Beat the soft cheese, yogurt, sugar and vanilla together until smooth, then spoon over the crumbs and chill until you are ready to serve.
3 Stir the jam in a bowl until loose, then gently stir in the strawberries. Divide the strawberries between the cheesecakes and serve.

PER SERVING 263 kcals, fat 6g, saturates 3g, carbs 43g, sugars 31g, fibre 1g, protein 12g, salt 0.9g

Swap toppings

Top these pots with whatever fruit you've got. For a banoffee version, slice bananas and toss with a squeeze of lemon juice and a spoonful of caramel sauce, or crush raspberries with peach slices to make it Melba-style.

Toffee ice cream sandwiches

Let the ice cream harden properly before dipping in chocolate, or it will slide off. You'll need a cutter exactly the same size as the biscuits to make them really neat. Store any leftovers in the freezer.

■ Makes 8 ■ Prep 30 minutes plus at least 3 hrs 10 mins freezing
■ No cook VEGETARIAN FREEZABLE

16 ginger or chocolate cookies
500ml toffee ice cream
200g milk chocolate, chopped

1 Put a biscuit in the bottom of a cutter and top with ice cream, pushing it to the edges. Top with a second biscuit and gently push the sandwich out of the cutter. Repeat with the rest of the biscuits and ice cream. Put the sandwiches in a box in the freezer for at least 3 hrs, until really firm.
2 Melt the chocolate in a bowl set over a pan of simmering water.
3 Line a baking tray (one that will fit in the freezer) with baking parchment. Dip half of each ice-cream sandwich (horizontally or vertically) into the chocolate and lay on the baking tray. Freeze until firm, then transfer to a plastic box with a lid and keep frozen until needed. Serve with a wrap of baking parchment to hold them in.

PER SERVING 354 kcals, fat 20g, saturates 10g, carbs 39g, fibre 0.5g, protein 5.5g, salt 0.2g

Coffee ice cream terrine

The beauty of making this tempting dessert is that there's enough for you to enjoy at another meal.

- Serves 10
- Prep 20 mins plus at least 2 hrs freezing
- Cook 5 mins

VEGETARIAN FREEZABLE

300g coffee ice cream
300g vanilla ice cream
1 tbsp vegetable oil, for the tin
300g dark chocolate, roughly chopped
50g coconut oil
50g honeycomb or Maltesers, crushed

1 Leave the ice creams out at room temperature for a few minutes to soften slightly. Brush a 1.2-litre loaf tin with the vegetable oil and line with wrap. Put 250g dark chocolate and the coconut oil in a small heatproof bowl over a pan of just simmering water. Stir to melt, then set aside to cool.

2 Spoon half the coffee ice cream into the base of the tin and level the surface. Working quickly, spread over a quarter of the chocolate sauce, then half the vanilla ice cream and another quarter of chocolate sauce. Repeat with the remaining chocolate sauce and ice creams, finishing off with a layer of chocolate sauce. Wrap loosely and then freeze for at least 2 hrs, or ideally overnight.

3 Melt the remaining chocolate in a heatproof bowl over a pan of simmering water. Carefully turn the terrine out onto a plate. Drizzle with the melted chocolate and top with the honeycomb or Maltesers. Cut into thick slices to serve.

PER SERVING 387 kcals, fat 28g, saturates 18g, carbs 27g, sugars 23g, fibre 3g, protein 5g, salt 0.1g

Mix it up

Try experimenting with ice cream flavours – caramel, pistachio and peanut butter would work well together.

A Sunday celebration

Whether you're having a family get-together for Mother's Day or cooking for friends, this crowd-pleasing menu can be mostly made ahead, so you can enjoy their company

Menu for 8

One-pot beef brisket & braised celery

Domino dauphinoise

Garlic & vinegar kale

Salted caramel cheesecake

One-pot beef brisket & braised celery

This centrepiece is very simple to make using an all-in-one method. You can just leave it to cook while you get on with the rest of your menu. The marinade is optional but worth doing. The beef can also be braised the day before, then reheated in a low oven.

■ Serves 8 ■ Prep 30 mins plus resting and optional marinating ■ Cook 4 hrs 30 mins

2.2kg piece of rolled beef brisket
1 bottle full-bodied red wine
3 tbsp olive oil
8 celery sticks, cut into little-finger-length pieces
2 carrots, roughly chopped
1 onion, sliced
3 garlic cloves, roughly chopped
4 thyme sprigs
4 bay leaves
small pack of parsley, roughly chopped

1 If you have time, up to 24 hrs before, sit the beef in a snug plastic container and pour over the wine. Cover and leave to marinate in the fridge, turning the beef as and when you can.

2 Heat the oven to 170C/150C fan/gas 3. Drain the wine from the beef (if you've marinated), but reserve it. Heat the oil in a flameproof casserole dish that will fit the beef and the vegetables – don't worry if the beef is too tall for the dish. Season the beef and cook for 15 mins, browning on all sides, then remove from the dish. Add the celery, carrots and onion, sizzle in the beef fat for 5 mins, then tip in the garlic and herbs. Sit the beef among the vegetables, pour over the wine and bring to a simmer. Cover the dish with its lid (or foil if the beef is too tall) and braise in the oven for 4-4 ½ hrs until very tender, turning the beef once.

3 Once cooked, leave to rest for 10 mins, then lift the beef onto a carving board. Drain the vegetables (reserving the braising juices), toss with the parsley and tip into a dish. Spoon the fat off the braising juices and pour into a bowl for spooning over. *The sauce will keep chilled – lift off any solidified fat before reheating.*

PER SERVING 572 kcals, fat 33g, saturates 12g, carbs 3g, sugars 3g, fibre 2g, protein 47g, salt 0.2g

Domino dauphinoise

Rather than getting a bag of potatoes, buy them loose and choose ones the size of a tangerine to give a nice, uniform shape to the finished dish.

■ Serves 8 ■ Prep 10 mins ■ Cook 1 hr 10 mins

50g butter, melted
1.5kg small Maris Piper potatoes, skin on
4 bay leaves, torn in half
300ml double cream
3 thyme sprigs, leaves picked

1 Heat the oven to 170C/150C fan/gas 3. Butter a medium-sized gratin dish (a round or oval one about 22cm wide is ideal) with a little of the butter. Slice the potatoes into very thin rounds using a mandoline or the sharp slicing blade of a box grater. As you slice, stack the potatoes in piles and pack into the dish starting from the outside, building a trail around the dish and then into the middle. You want all the potatoes standing on their edges like dominoes. Put the bay leaves between some of the slices.

2 Drizzle the cream over the potatoes, then sprinkle the thyme on top. Season well and cook for 1 hr until the potatoes are tender and cooked through, then turn the heat up to 200C/180C fan/gas 6 for 10-15 mins to crisp up the top of the potatoes.

PER SERVING 379 kcals, fat 25g, saturates 16g, carbs 32g, sugars 2g, fibre 3g, protein 4g, salt 0.1g

Garlic & vinegar kale

The kale is flavoured with garlic and cloves and dressed with vinegar to give it a deliciously sweet and sour taste.

■ Serves 8 ■ Prep 5 mins
■ Cook 5 mins

3 tbsp olive oil
3 garlic cloves, finely sliced
3 tbsp red wine vinegar
300g kale or cavolo nero, roughly shredded

1 Heat the oil in a large pan with a lid and sizzle the garlic, then add the vinegar and a splash of water.

2 Tip the kale into the pan, cover and wilt in the steam for 4-5 mins, adding a splash more water if the pan gets too dry. Once wilted, season with a little sea salt, then serve.

PER SERVING 50 kcals, fat 4g, saturates 1g, carbs 1g, sugars none, fibre 1g, protein 1g, salt none

Salted caramel cheesecake

- Cuts into 12 slices
- Prep 30 mins plus at least 3 hrs cooling
- Cook 35 mins

50g butter, melted, plus extra for the tin
200g chocolate digestives
750g soft cheese
300g caramel sauce (dulce de leche) from a can or jar
1 tsp vanilla extract
150g golden caster sugar
2 tbsp plain flour
4 medium eggs

1 Heat the oven to 180C/160C fan/gas 4. Butter a 23cm springform cake tin and line the base with baking parchment. Tip the biscuits into a food processor and blitz to crumbs (or tip into a bag and bash with a rolling pin). Pour in the melted butter. Press the biscuit mixture into the base of the tin using the back of a spoon. Place the tin on a tray and bake for 10 mins, then remove from the oven and leave to cool.

2 Meanwhile, tip the soft cheese into a bowl with 3 tbsp of the caramel sauce, the vanilla, sugar and flour, and beat until smooth. Beat in the eggs, one at a time, until you have a thick, smooth, custard consistency. Pour evenly over the biscuit base, scraping the bowl clean, and bake for 10 mins. Reduce the temperature to 140C/120C fan/gas 1 and bake for 25-30 mins more until there is a slight wobble in the centre. Turn off the heat and leave the oven door just slightly ajar – a tea towel holding the door open is ideal. The cheesecake should have a completely smooth top but don't worry if there are a couple of small cracks. Leave in the oven until completely cool (overnight is fine), then chill until needed. *Will keep chilled for up to two days.*

3 Loosen the sides of the cheesecake from the tin with a knife and remove the base. Add a large pinch of flaky sea salt to the rest of the caramel sauce, spoon it over the cake and swirl with the back of the spoon. The cheesecake will sit on a stand at room temperature for a couple of hours. Just before serving, sprinkle with extra sea salt, if you like.

PER SLICE 435 kcals, fat 26g, saturates 16g, carbs 41g, sugars 31g, fibre 1g, protein 9g, salt 0.7g

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Tom's twists

Taking inspiration from a host of brilliant dishes, **Tom Kerridge** combines two recipes to create something that tastes even better

Tandoori roast guinea fowl, p66

"I'm often asked how I keep inventing new dishes for TV shows and books, as well as my pub and restaurant menus. I'm a bit of a food magpie – if I try something with great flavour, an element of it will end up in something I make. One of the wonderful things about food is that there's constant evolution – you can adapt recipes to suit what you have to hand, if you need to. These recipes delve into that a bit. I've made four dishes, but have been inspired by eight, and all are made better because of the combination." **Tom Kerridge**

Pizza pie, p66

Tandoori roast guinea fowl

This is a great recipe when you want a roast with a difference. The leftovers are delicious wrapped in a naan bread.

■ Serves 3 ■ Prep 15 mins plus 1 hr marinating ■ Cook 50 mins

1 guinea fowl
flatbreads and raita, to serve (optional)
FOR THE MARINADE
thumb-sized piece of ginger, peeled and finely grated
5 garlic cloves, finely grated
1 lemon, juiced
1 tsp paprika
½ tsp each ground turmeric, ground cumin and ground coriander
150ml natural yogurt
FOR THE SAUCE
100ml double cream
squeeze of lemon juice (optional)

1 First, make the marinade. Mix all the ingredients with 1 tsp salt and a generous amount of freshly ground black pepper. Sit the guinea fowl in a bowl and rub the marinade all over, including under the skin of the breast. Transfer to the fridge to marinate for at least 1 hr, or for up to 24 hrs.
2 Heat the oven to 220C/200C fan/ gas 7. Put the marinated guinea fowl in a small roasting tin and pour over any leftover marinade. Pour a small glass of water into the tin around the guinea fowl and roast for 50 mins-1 hr until cooked through and lightly charred. Carefully lift the guinea fowl onto a board, draining any cooking juices from the cavity into the tin, and leave to rest for about 10 mins while you make the sauce.
3 Add a splash of water to the roasting tin. If the tin is flameproof, set it over a medium heat and bring to a simmer. If the tin is not flameproof, scrape everything into a saucepan and bring to a simmer. Add the cream and then bring to the boil. Season to taste, adding a squeeze more lemon juice if needed. Pour the sauce into a serving dish, or pass through a sieve into a dish if you prefer a smoother sauce. Carve the guinea fowl and serve with the sauce, some flatbreads and raita, if you like.

PER SERVING 569 kcals, fat 35g, saturates 16g, carbs 6g, sugars 5g, fibre 1g, protein 58g, salt 0.5g

Pizza pie

Homemade pizza is great, but cooking more than two at a time often means you're chained to the stove making them. The Chicago-style pizza pie puts an end to that, it's one big, deep-dish pizza that can serve everyone at once.

■ Serves 6 ■ Prep 40 mins plus 35 mins proving and 20 mins cooling ■ Cook 45 mins VEGETARIAN

400g strong white bread flour, plus extra for dusting
7g sachet fast-action dried yeast
pinch of golden caster sugar
1 tbsp olive oil, plus extra for proving and the tin
FOR THE SAUCE
300ml passata
1 tbsp tomato purée
1 tbsp olive oil
1 garlic clove, finely grated
1 tsp dried oregano
FOR THE FILLING
2 large handfuls of grated mozzarella (about 150g)
20 black olives, pitted and halved
handful of basil leaves

1 To make the dough, combine the flour, yeast and sugar in a large bowl and make a well in the middle. Tip in 1 tsp salt, the oil and 250ml tepid water. Bring the mixture together into a dough using your hands, then tip onto a lightly floured surface and knead for 10 mins until smooth and elastic. Drizzle a bit more oil into the bowl, add the dough, cover with a damp tea towel and leave to rise for 35-40 mins, or until doubled in size. Meanwhile, combine all the ingredients for the sauce in a bowl.
2 Heat the oven to 190C/170C fan/ gas 5. Lightly oil a 23cm springform cake tin. Tip the dough out onto a floured surface, and knock the air out of it a few times using your hands. Remove a quarter of the dough and set aside, then roll the rest out thinly so it's large enough to line the tin with some overhanging. Press the dough into the base and up the side of the tin.
3 Spread half the sauce over the pizza dough base, then sprinkle with half the mozzarella and half each of the olives and basil. Roll the reserved dough out into a circle large enough to fit over the first layer of filling, then lay it over the top. Top with the remaining sauce, most of the remaining cheese, and the rest of the olives and basil. Fold the overhanging dough over the filling slightly, then scatter the remaining cheese over the exposed filling in the middle.
4 Transfer the tin to a baking tray and bake for 45-50 mins until golden and crisp. Remove from the oven, undo the springform clip and leave to cool for 20 mins before removing from the tin and cutting into wedges.

PER SERVING 390 kcals, fat 12g, saturates 5g, carbs 54g, sugars 3g, fibre 3g, protein 14g, salt 1.4g

Chicken-fried steak

This Deep South American classic fuses a steak dinner with southern fried chicken. The steak is coated in a spice mix and fried, as you would chicken.

Serves 2 ■ Prep 20 mins
■ Cook 20 mins

2 fillet tail steaks (about 200g each), or 2 sirloin steaks, fat trimmed
2 eggs, beaten
½ tsp cayenne pepper
vegetable oil, for frying
steamed greens and corn cobs, to serve (optional)
FOR THE SPICE MIX
4 tbsp plain flour
1 tbsp cornflour
1 tsp each smoked paprika, garlic powder and dried thyme
½ tsp each ground cumin, ground cinnamon and black pepper
FOR THE SAUCE (OPTIONAL)
1 tbsp flour
1 chicken stock cube
275ml milk
1 tbsp thyme leaves
squeeze of lemon juice

1 Put the steaks on a board and bash with a rolling pin until about half the original thickness. Mix the eggs with the cayenne in a bowl. Combine the ingredients for the spice mix with a large pinch of salt in a separate dish.

2 Dip the steaks into the egg, then the spice mix, turning to coat. Pour the oil into a large non-stick frying pan until the base is covered. Fry the steaks over a high heat for 2 mins until crisp, then turn and fry for 2 mins more. Transfer to a plate and keep warm.

3 If you're making the sauce, pour away all but 1 tbsp oil from the pan and stir in the flour, cooking until browned. Crumble in the stock cube. Slowly pour in the milk, whisking until smooth and fully incorporated. Reduce the heat to a simmer and cook for 4-5 mins. Season. Add the thyme and plenty of black pepper, then squeeze in the lemon juice to taste. Serve the steaks with the sauce and greens and corn, if you like.

PER SERVING 699 kcals, fat 28g, saturates 10g, carbs 52g, sugars 7g, fibre 4g, protein 58g, salt 2g

Millionaire's chocolate brownie tart

A chocolate shortbread pastry case with a delicious fudgy brownie filling that hides surprise pockets of oozy caramel when you bite into it – this has to be a chocolate lover's ultimate dream dessert.

■ Serves 10-12 ■ Prep 40 mins plus 2 hrs chilling ■ Cook 1 hr 15 mins VEGETARIAN

FOR THE PASTRY
175g plain flour, plus extra for dusting
85g icing sugar
50g cocoa powder
140g cold butter, cut into cubes
2 egg yolks, lightly beaten
FOR THE FILLING
150 butter, chopped
200g dark chocolate, broken into pieces
2 eggs
200g golden caster sugar
75g cocoa powder, plus extra to serve
18 caramel-filled chocolates

1 To make the pastry, sift the flour, icing sugar and cocoa together into a bowl. Add the butter and rub it in with your fingers until the mixture resembles breadcrumbs. Add the egg yolks and 3 tbsp ice-cold water, and continue to mix with your fingers until you have a soft dough. Or do this in a food processor by pulsing the ingredients together. Wrap the dough and chill for at least 1 hr. *Will keep chilled for up to two days.*

2 Roll the dough out on a lightly floured surface to the thickness of a £1 coin, then use it to line a 23cm loose-bottomed tart tin, working to the edge with some overhanging. Cover and chill for another hour.

3 Heat the oven to 190C/170C fan/gas 5. Line the case with baking parchment and then fill with baking beans. Bake for 20 mins. Remove the baking beans and parchment, and bake for a further 15-20 mins, or until the base is crisp. Leave to cool completely. Once cooled, use a sharp knife to trim off the excess pastry and create a smooth edge.

4 To make the filling, melt the butter and chocolate in a heatproof bowl set over a pan of simmering water, making sure the bowl doesn't touch the water. Stir until smooth, remove from the heat and leave to cool slightly. Beat the eggs and sugar with an electric whisk in another bowl for 5-6 mins, or until thick and pale. Fold in the chocolate, then sift in the cocoa.

5 Scatter the caramel chocolates over the base of the pastry case, then pour over the filling. Transfer the tart to a baking sheet and put in the oven (still set at 190C/170C fan/gas 5) for 20-25 mins, or until set and the top has formed a crust. Leave to cool to room temperature, then carefully remove from the tin and put on a serving plate. Dust with the extra cocoa and sprinkle over a little sea salt, if you like, before serving.

PER SERVING (12) 528 kcals, fat 33g, saturates 20g, carbs 48g, sugars 34g, fibre 4g, protein 7g, salt 0.5g

Tom Kerridge is a BBC presenter and chef-owner of The Hand and Flowers and The Coach in Marlow, The Butcher's Tap and Grill in Marlow and London, plus Kerridge's Bar & Grill at The Corinthia Hotel in London.

Tasty treats for St Patrick's Day

Celebrate on 17 March by getting the kids to help make Irish stew and some fun bakes

St Patrick's Day rainbow cupcakes, p70

St Patrick's Day rainbow cupcakes

While they'll need help from an adult to bake these cute cupcakes, children will love decorating them with sweets and shimmery golden sprinkles.

- Makes 12
- Prep 30 mins
- Cook 15 mins

VEGETARIAN

150g butter, softened
150g golden caster sugar
3 eggs
1 tsp vanilla extract
1-2 tbsp milk
150g self-raising flour
6 fizzy rainbow belts
golden sugar balls or sprinkles
FOR THE ICING
125g butter, softened
185g icing sugar
splash of milk
green food colouring
FOR THE SPRINKLES
green food colouring
3 tbsp desiccated coconut

1 Heat the oven to 180C/160C fan/gas 4. Line 12 holes in a shallow muffin tin with cupcake cases. Beat the butter and sugar until light and fluffy, then beat in the eggs, vanilla and milk.
2 Fold the flour into the mixture, then divide between the cases. Bake for 12-15 mins until firm to the touch and lightly golden. Leave to cool completely on a wire rack.
3 To make the sprinkles, rub a few drops of green food colouring into the desiccated coconut.
4 To make the icing, beat the butter until very soft. Whisk in the icing sugar, a little at a time, then beat in the milk and a few drops of food colouring and whisk for 3-4 mins until fluffy.
5 Spoon the icing into a piping bag and decorate each cupcake. Scatter over the green coconut sprinkles.
6 Cut each rainbow belt in half, then anchor one end in the icing at the edge of a cupcake and bend to make an arc just past the centre. Press firmly so the rainbow stands upright. Repeat with all the cupcakes. Add some golden balls at the end of each rainbow.

PER CUPCAKE 374 kcals, fat 23g, saturates 14g, carbs 39g, sugars 29g, fibre 1g, protein 3g, salt 0.5g

Soda farls

Budding cooks old enough to use the hob can practise making these simple farls. The word 'farl' comes from the old Lowland Scots term for a three-cornered cake – or in this case, soda bread.

■ Serves 4 ■ Prep 8 mins plus cooling ■ Cook 20 mins VEGETARIAN

250g plain flour, plus extra for dusting
1 tsp sugar
1 heaped tsp bicarbonate of soda
225ml buttermilk
butter, to serve

1 Tip the flour into a large bowl and stir through ½ tsp salt, the sugar and bicarbonate of soda. Make a well in the centre with the spoon and pour in the buttermilk, then swiftly stir to combine. Tip the dough onto a lightly floured surface and knead briefly. Roll into a roughly 20cm circle, then cut into quarters.

2 Heat a skillet or heavy-based frying pan over a low-medium heat and cook the farls for 8-10 mins each side, or until golden brown and cooked through. Remove from the heat and leave to cool in the pan for 10 mins. Split and eat warm with butter.

PER SERVING 255 kcals, fat 1g, saturates 0.4g, carbs 52g, sugars 4g, fibre 3g, protein 8g, salt 1.4g

Irish stew

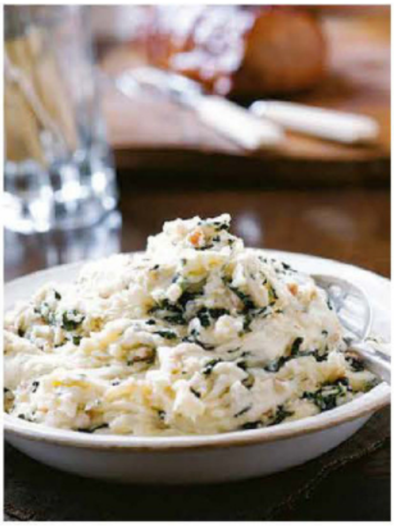
Older children can help prep the vegetables as they don't need to be cut too precisely.

- Serves 6
- Prep 20 mins
- Cook 2 hrs

1 tbsp sunflower oil
200g smoked streaky bacon (preferably in one piece), skin removed, chopped into chunks
900g stewing lamb, cut into large chunks
5 medium onions, sliced
5 carrots, sliced
3 bay leaves
small bunch of thyme
100g pearl barley
850ml lamb stock
6 medium potatoes, chopped into chunks
small knob of butter
3 spring onions, finely sliced
soda farls, to serve (optional, see page 71)

1 Heat the oven to 160C/140C fan/gas 3. Heat the oil in a flameproof casserole dish over a medium heat and sizzle the bacon for 4 mins until crisp. Turn up the heat to medium-high and cook the lamb for 6 mins until brown. Transfer the bacon and lamb to a bowl using a slotted spoon. Add the onions, carrots and herbs to the pan, and cook for 5 mins to soften. Return the meat to the pan, stir in the pearl barley and stock, and bring to a simmer.
2 Sit the chunks of potato on top of the stew, cover and transfer to the oven. Cook for 1 hr 30 mins until the potatoes are soft and the meat is tender. *Will keep chilled for two days. Leave to cool first. Reheat in a low oven or in a pan over a low heat until piping hot.* Remove from the oven, dot the butter over the potatoes, scatter with the spring onions and serve directly from the dish alongside some soda farls (see page 71), if you like.

PER SERVING 627 kcals, fat 30g, saturates 14g, carbs 44g, sugars 11g, fibre none, protein 49g, salt 2.1g



Colcannon

Helping to mash the potatoes is a brilliant job for little hands to do.

- Serves 6
- Prep 15 mins
- Cook 20 mins

1kg potatoes, well scrubbed (cut any large ones in half)
100g butter
140g sliced back bacon, finely chopped
½ small Savoy cabbage, finely shredded
150ml double cream

1 Tip the potatoes into a large saucepan of water. Bring to the boil, then simmer for 15-20 mins, or until the flesh is tender when pierced.
2 Meanwhile, heat a quarter of the butter in a saucepan, then fry the bacon and cabbage for 5 mins. Turn off the heat and set aside. Drain the cooked potatoes in a colander and peel while still hot.
3 Mash the potatoes until smooth. Heat the cream with the remaining butter in a pan and when almost boiling, beat into the mash. Mix in the bacon and cabbage. Season, if you like, and then serve.

PER SERVING 364 kcals, fat 25g, saturates 13g, carbs 29g, sugars 0.2g fibre 4g, protein 9g, salt 1g

Fifteens

This Northern Irish fridge cake requires no baking – the kids can bash the biscuits up, then mix everything together before it's chilled.

■ Makes 15 ■ Prep 20 mins plus at least 4 hrs chilling ■ No cook

VEGETARIAN

15 digestive biscuits
15 marshmallows
15 glacé cherries, cut in half
about 200ml condensed milk
200g desiccated coconut

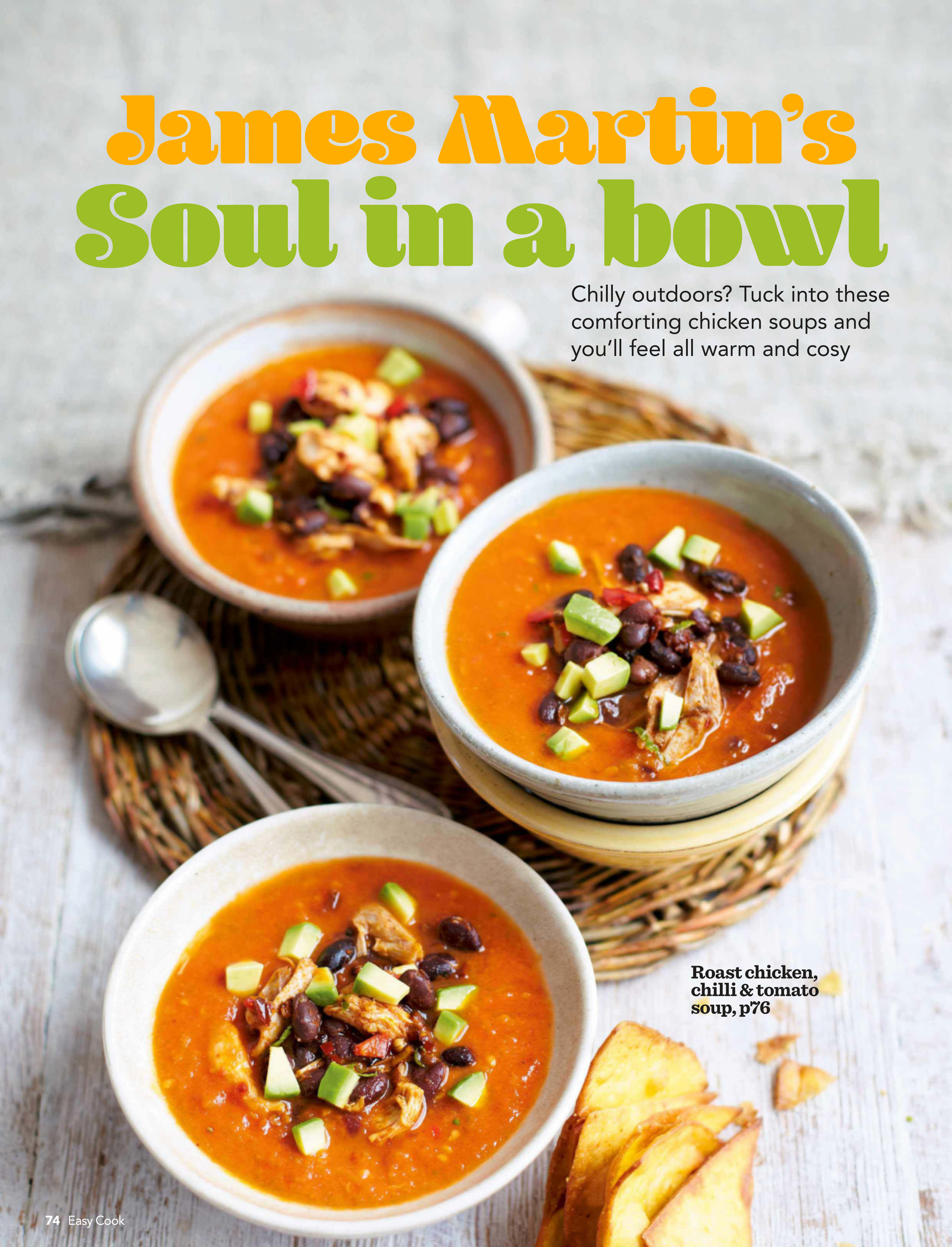
1 Crush the biscuits in a food processor or in a plastic bag with a rolling pin, then put in a large bowl. Chop each marshmallow into four pieces and add to the bowl along with the cherries and 175ml condensed milk. Mix until well combined and sticky. If it's too dry, add a splash more condensed milk.

2 Sprinkle most of the coconut over a large piece of foil. Tip the mixture onto the coconut to coat, then shape into a long sausage, about 30 x 5cm. Sprinkle more coconut over the top and tightly wrap in the foil, twisting the ends together. Chill for 4-6 hrs, then cut into 15 slices and serve. *Will keep wrapped and chilled for up to one week.*

PER FIFTEEN 229 kcals, fat 12g, saturates 9g, carbs 25g, sugars 17g, fibre 2g, protein 3g, salt 0.3g

James Martin's
Soul in a bowl

Chilly outdoors? Tuck into these comforting chicken soups and you'll feel all warm and cosy



Roast chicken, chilli & tomato soup, p76

"Is there anything more soothing and comforting on a cold day than a big bowl of homemade chicken soup? It's hard to beat, which is why I've created three deliciously warming recipes for you to choose from."
James Martin

James Martin's cock-a-leekie soup, p76

Roast chicken, tomato & chilli soup

■ Serves 4-6 ■ Prep 15 mins ■ Cook 1 hr

1.5kg ripe tomatoes, halved vertically
2 onions, cut into wedges
1 medium chicken, jointed into pieces
2 tbsp olive oil, plus extra for shallow-frying
3 garlic cloves, roughly chopped
3 red chillies, deseeded and roughly chopped
1 tbsp coriander seeds, crushed
400g can pinto or black beans, drained and rinsed
1 lime, zested and juiced
4 tbsp chipotle paste
3 corn tortillas, cut into triangles
large handful of coriander, chopped
2 avocados, stoned, peeled and cut into bite-sized pieces
200ml soured cream (optional)

1 Heat the oven to 200C/180C fan/gas 6. Put the tomatoes, cut-side up, in a large roasting tin with the onions and top with the chicken. Season well, then drizzle over 1 tbsp oil. Roast for 45 mins until the chicken is tender and the tomatoes start to caramelise.

2 Transfer the chicken to a plate and cover with foil. Use a slotted spoon to transfer the tomato and onions to a food processor and blitz until smooth. Reserve the cooking juices from the tin.

3 Heat the remaining oil in a medium saucepan and fry the garlic, chillies and coriander seeds for 3 mins until just brown. Pull the meat from the chicken bones, tear into chunks and mix with the beans, lime zest and chipotle paste. Add the chicken mixture to the pan but reserve one-third. Pour the soup into the pan and add enough of the cooking juices to get a nice consistency. Heat a few drops of oil in a small saucepan, then shallow-fry the tortilla in batches until crisp. Drain on kitchen paper.

4 To serve, reheat the soup, season and stir in the coriander. Top with the reserved chicken mixture, avocados and lime juice. Serve with tortilla chips and soured cream, if you like.

PER SERVING (6) 557 kcals, fat 28g, saturates 10g, carbs 33g, sugars 13g, fibre 6g, protein 39g, salt 0.6g

James Martin's cock-a-leekie soup

My own twist on a Scottish classic – the prunes add a sweet contrast to the rich broth.

■ Serves 6 ■ Prep 15 mins ■ Cook 1 hr 30 mins

1 tbsp vegetable oil
1 medium chicken, jointed into pieces
180g smoked bacon lardons
2 carrots, chopped
2 celery sticks, chopped
1-2 leeks, washed and cut into thick rounds (tops reserved)
splash of white wine
2 bay leaves
½ bunch of thyme sprigs
15-20 stoned prunes
good-quality bread, to serve

1 Heat the oil in a large heavy-based saucepan until hot. Fry the chicken pieces in batches until golden brown, then remove and set aside. Add the bacon, carrots, celery and leek tops, and fry for 5 mins until it all starts to brown. Pour off any excess fat.

2 Splash in the wine and boil rapidly, scraping the bottom of the pan. Return the chicken with the herbs and add enough cold water to cover. Slowly bring to the boil, then simmer for 40 mins until the chicken is tender.

3 Transfer the chicken to a plate, cover with foil and leave to cool slightly. Strain the soup into a clean saucepan and discard the other ingredients. Leave to stand for a few minutes and skim off any fat. Pull the meat from the chicken bones and tear into large chunks.

4 Simmer the soup with the chicken, leeks and prunes for 20-30 mins. Season and serve with the bread.

PER SERVING 337 kcals, fat 16, saturates 5g, carbs 9g, sugars 8g, fibre 3g, protein 36g, salt 1.1g

Chicken noodle laksa

■ Serves 6 ■ Prep 20 mins plus standing ■ Cook 50 mins

1 medium chicken, jointed into pieces and skinned
1 tbsp coriander seeds
3cm piece of ginger, sliced
2 lemongrass stalks, crushed
1 lime, zested and juiced
2 tbsp fish sauce
1 tbsp low-salt soy sauce
200ml light coconut milk
3 garlic cloves, sliced
3 red chillies, deseeded and sliced
handful of coriander, chopped (leaves and stalks kept separate)
bunch of spring onions, sliced
300g cooked rice noodles
handful of mint leaves, chopped
1 tbsp sesame oil (optional)

1 Put the chicken pieces in a large saucepan with the coriander seeds, ginger, lemongrass, lime zest and a little salt. Add enough cold water to cover, slowly bring to the boil, then reduce to a simmer, gently poaching the chicken for 40 mins until it starts to fall away from the bone.

2 Carefully lift the chicken onto a plate and cover with foil. Leave the stock to stand for 10 mins, skim off any excess fat and strain into a clean saucepan. Pull the chicken from the bones and tear into chunks.

3 Bring the stock back to the boil, then add the fish sauce, soy, coconut milk, garlic, chillies and coriander stalks. Simmer for 2 mins, return the chicken to the pan and cook for a further 5 mins until warm. Add the spring onions and lime juice to taste.

4 Divide the noodles between six bowls, then use a slotted spoon to lift the chicken and vegetables into each. Season the stock and pour over. Scatter with coriander and mint leaves, and serve with a drizzle of sesame oil, if you like.

PER SERVING 424 kcals, fat 14g, saturates 2g, carbs 38g, sugars 3g, fibre 3g, protein 37g, salt 1.5g

Yes, it really does do you good

Not just 'good for the soul', chicken soup also makes a nourishing, easy-to-digest meal – particularly if you're suffering from a cold or convalescing from illness. Chicken soup has immune-boosting nutrients and extra fluids for hydration. It also contains an amino acid called cysteine, which helps you to breathe more easily. These soups have the perfect combination of protein and carbs, while vegetables like leeks, garlic, tomatoes and carrots supply protective antioxidants.

John Torode's fish pie

A tempting mix of cod, salmon and haddock, this is comfort food at its very best

"Fish pie has to be one of the most iconic British dishes. As an Australian it's not something I grew up eating – it's a bit hot out there for comfort food – but it's become a real favourite of mine. You'll find loads of different variations on the basic fish pie recipe. Some people like to add mussels or prawns but I like the simple trinity of cod, salmon and smoked haddock. The real USP of my recipe is the vermouth cream reduction, which forms the basis of the sauce. Reduction sounds complicated but it's just a way of concentrating flavours. Fish goes beautifully with the aniseed flavours of the vermouth, fennel and star anise. The sauce is also made without a roux, which gives it a much lighter (but still rich) finish." **John Torode**

Fish pie

■ Serves 4 ■ Prep 20 mins ■ Cook 45 mins

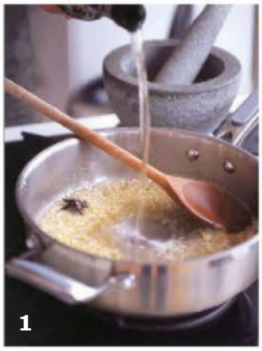
750g Maris Piper potatoes, peeled and cut into chunks, or use another good mashing potato, such as King Edward
good grating of nutmeg
80ml double cream
25g unsalted butter
2 egg yolks
140g frozen peas
200g smoked haddock fillet, cut into chunks
200g cod fillet, cut into chunks
200g salmon fillet, cut into chunks
4 eggs, hard boiled and quartered
small bunch of flat-leaf parsley, chopped
small bunch of dill, chopped
½ lemon, juiced
melted butter, to serve

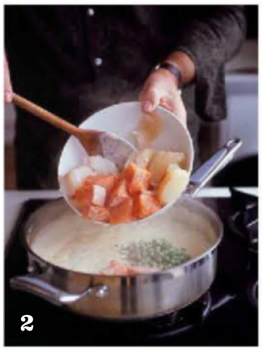
FOR THE CREAM REDUCTION
4 shallots, diced
unsalted butter
½ tsp fennel seeds, lightly crushed
1 star anise
300ml vermouth (I used Noilly Prat)
300ml fish stock, fresh or frozen
300ml double cream

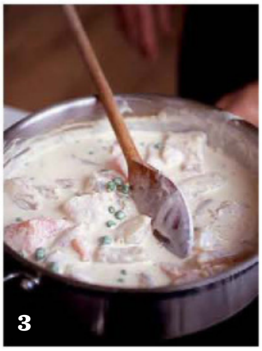
1 Heat the oven to 200C/180C fan/gas 6. Boil the potatoes for about 20 mins until tender. Meanwhile, to make the vermouth cream reduction, cook the shallots for 3-4 mins in a little butter with the fennel seeds and star anise. Pour in the vermouth (**1**) and reduce until there is about 4 tbsp of syrupy liquid. Add the stock and reduce by half. Tip in the cream, simmer for 2 mins, then strain.

2 Drain the potatoes and mash with the nutmeg, cream and butter and season well. Cool a little, then stir in the egg yolks. Heat the vermouth cream to a simmer. Fold in the peas, fish, hard-boiled eggs and herbs (**2**). Season well, then add a little squeeze of lemon juice and stir (**3**).

3 Spoon into one large or four small ovenproof dishes. Top with the mashed potato and bake for 20-30 mins until golden brown and glazed on top. Brush the top with melted butter and serve.







John's tips

- You can make the vermouth cream reduction a day ahead and store in the fridge until you are ready to put everything together.
- Adding egg yolk to the mash before cooking enriches it and makes it soufflé up a little in the oven. It also gives a lovely golden glaze to the top of the pie.

Take things slow

From a hearty brunch to chocolate pudding, **Hayley Dean** shows how you can use your slow cooker to make almost anything you fancy

Shakshuka

This dish of eggs in a mildly spiced tomato sauce has become a staple on brunch menus. Because they're baked in the sauce, the eggs end up with soft yolks and slightly jammy edges. I use a carton of six eggs to serve three people, but depending on how many you have to feed, you could use eight or four eggs – just add 200g more or less chopped tomatoes. Serve with pittas to soak up the sauce.

■ Serves 3 ■ Prep 5 mins ■ Cook 2 hrs 25 mins-4 hrs 25 mins VEGETARIAN

1 red onion, chopped
1 red pepper, diced
1 garlic clove, crushed
1 tbsp harissa paste (optional)
2 tbsp tomato purée
1 tsp sugar
2 x 400g cans chopped tomatoes
TO SERVE
6 medium eggs
2 tbsp natural yogurt
5g coriander, chopped
toasted pittas (optional)

1 Put the onion, pepper, garlic, harissa paste, if using, tomato purée, sugar and chopped tomatoes in the pot of your slow cooker.

2 Set the slow cooker to cook mode, then turn it to either high and cook for 2 hrs (removing the lid for the final 25 mins) or turn the cooker to low and cook for 4 hrs (removing the lid for the final 1 hr).

3 Make six gaps in the tomato sauce and crack an egg into each one. Season with some salt and pepper, then cover the pot with the lid and cook for 20-25 mins on high, or until the eggs are set.

4 Spoon the sauce into shallow bowls, putting two eggs on top of each bowlful. Drizzle over the yogurt and scatter with the coriander. Serve with toasted pittas, if you like.

Pork & peanut noodles

When we cooked these noodles to take the photograph you see here, as soon as the shot was taken, everyone tucked in. The whole of the shoot team called them 'banging'! Sweet, salty, spicy – they bring all the feels. Best of all, there is virtually no prep needed to make this dish. You're done in under five minutes.

- Serves 4
- Prep 5 mins
- Cook 3 hrs 10 mins-6 hrs 10 mins

500g 5% fat pork mince
1 onion, sliced
1 tbsp plain flour
2 garlic cloves, crushed
2 tbsp gochujang paste
2 tbsp smooth peanut butter
3 tbsp dark soy sauce
2 tbsp rice vinegar
400ml can light coconut milk
400g straight-to-wok egg noodles
TO SERVE
20g salted peanuts, chopped
2 spring onions, sliced

1 If it has one, set the slow cooker to fry mode (or use a dry frying pan over a medium-high heat on the hob for this step). Fry the pork mince in the pot of the slow cooker or in the frying pan for 4 mins until lightly browned. (You can skip this step, but searing the pork mince does help to lock in the flavour.)
2 Add the onion and flour to the pot of the slow cooker or the pan, and cook on high for 1 min. Tip in the garlic, gochujang paste and peanut butter, followed by the soy sauce, vinegar and coconut milk, then stir to combine. (Transfer everything to your slow cooker if using a pan.) Cover the pot with the lid.
3 Set the slow cooker to cook mode, then turn it to either high and cook for 3 hrs, or low and cook for 6 hrs. When ready to serve, stir the noodles through the pork mixture in the slow cooker for 5 mins to warm through. Serve topped with the chopped peanuts and sliced spring onions.

Chocolate lava cake

This self-saucing pudding is a bit of a magic trick. The boiling water sinks to the bottom of the pot, creating a rich chocolate sauce that sits underneath a light chocolate sponge. While this chocolate lava cake is an all-in-one dessert, pouring over an extra drizzle of cream never hurts.

- Serves 8
- Prep 10 mins
- Cook 3 hrs VEGETARIAN

60g unsalted butter, melted, plus extra for the pot
240g plain flour
1 tbsp baking powder
200g sugar
40g cocoa powder
230ml whole milk
1 tsp vanilla extract
cream, to serve (optional)
FOR THE LAVA
200g light brown soft sugar
50g cocoa powder

1 Lightly butter the inside of the slow cooker pot. Sift together the flour, baking powder, sugar, cocoa and a pinch of sea salt flakes in a large bowl. Make a well in the middle of the flour mixture and pour in the milk, melted butter and vanilla.
2 To make the lava, combine the sugar and cocoa in a bowl. Spoon the sponge batter into the pot of the slow cooker, then sprinkle over the lava mixture. Carefully pour over 700ml boiling water from the kettle. Cover the pot with the lid. Set the slow cooker to cook mode, then turn to high and cook for 3 hrs. Serve warm with a drizzle of cream, if you like.

CHOCS AWAY!

You can take the sponge up a notch by adding a handful of chocolate chips to the batter – white chocolate chips are always fun to include!

Recipes adapted from *How to Make Anything in a Slow Cooker* by Hayley Dean (£22, Ebury Press) and not retested by us. Photographs by Hannah Hughes.

Smart cookies

Delight your family with a batch of freshly baked treats – they won't stay in the biscuit tin for long!

Triple chocolate chip cookies

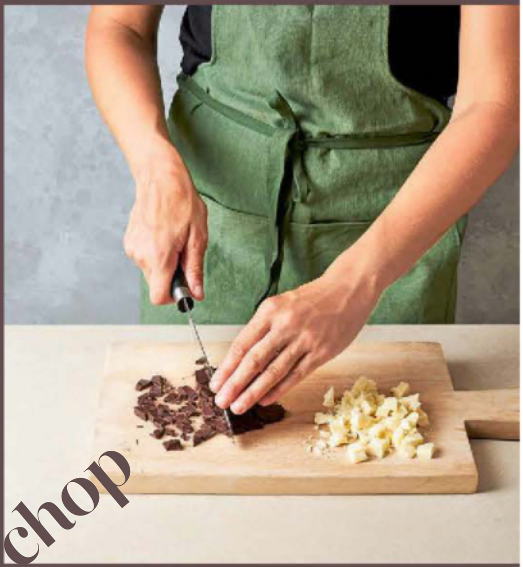
Simple to make with maximum reward, these luxurious cookies are a rich mix of dark, milk and white chocolate.

■ Makes 14 ■ Prep 15 mins plus cooling ■ Cook 20 mins VEGETARIAN FREEZABLE dough only

200g unsalted butter, softened
200g soft light brown sugar
175g plain flour
50g cocoa powder
1 tsp baking powder
50g dark chocolate, chopped
50g milk chocolate, chopped
50g white chocolate, chopped

1 Tip the butter into a large bowl with the sugar and use electric beaters to whip together until really light and fluffy. Tip in the flour, cocoa, baking powder and 1/2 tsp fine sea salt, and mix until smooth.
2 Add all the chocolate and mix until evenly combined. Use an ice cream scoop to make 14 balls. Put onto two or three baking trays lined with baking parchment and chill for 15 mins.
3 Heat the oven to 180C/160C fan/gas 4. Put the trays in the oven for 16-18 mins or until the balls are browned and crisping at the edges but still a little soft in the middle – this will keep them chewy. To make the cookies perfectly circular, remove the trays after 13 mins and use a 12cm cookie cutter to shape each ball into a perfect round, then return to the oven for another 3-5 mins.
4 Give the trays a few gentle taps to achieve those characteristic cookie crinkles, then leave to cool completely.

PER COOKIE 280 kcals, fat 16g, saturates 10g, carbs 29g, sugars 18g, fibre 1.5g, protein 3g, salt 0.3g



COOKIES ON DEMAND

If you only need a few cookies on the day, once you have added the chocolate chips you can shape the dough into a 10cm-wide sausage. Wrap and freeze, then simply cut off 1cm slices, put onto a baking tray lined with baking parchment and bake to enjoy cookies on demand.

Peanut butter thumbprint cookies

Best eaten on the day they are made.

■ Makes 30 ■ Prep 20 mins plus cooling ■ Cook 10 mins VEGETARIAN

100g smooth peanut butter, plus 3 tbsp extra for the tops
2 eggs
100g golden caster sugar
1 tsp vanilla extract
260g plain flour
pinch of baking powder
½ jar seedless raspberry or strawberry jam

1 Heat the oven to 180C/160C fan/gas 4. Tip the peanut butter, eggs, sugar and vanilla into a food processor and whizz until smooth. Add the flour, baking powder and a pinch of salt and pulse until it forms a ball. Roll the dough into 30 walnut-sized balls, then push your thumb into the middle of the cookies as you put them onto a baking sheet lined with baking parchment. Add 1/4 tsp peanut butter into the indent in the cookies, mix the jam to loosen it, and spoon small blobs on top of the peanut butter.
2 Bake for 8-10 mins until the cookies look dry and are starting to crack. Cool on the baking sheet for a few minutes, before cooling on a wire rack.

PER SERVING 101 kcals, fat 3g, saturates 0.8g, carbs 15g, fibre 0.7g, protein 2.6g, salt 0.1g

Double ginger cookies

These American-style cookies are a fabulous combination of dark chocolate, ground ginger and chunks of stem ginger. You can freeze half the dough once you've shaped it, then thaw, slice and bake on another occasion.

■ Makes 24 ■ Prep 20 mins plus 20 mins chilling ■ Cook 12 mins VEGETARIAN
FREEZABLE dough only

350g plain flour
1 tbsp ground ginger
1 tsp bicarbonate of soda
175g light muscovado sugar
100g butter, chopped
8 pieces of stem ginger, chopped (not too finely), plus thin slices to decorate (optional)
1 large egg
4 tbsp golden syrup
200g dark chocolate, chopped

1 Mix the flour, ground ginger, bicarbonate of soda, ½ tsp salt and sugar in a bowl, then rub in the butter with your hands to make crumbs. Stir in the chopped stem ginger.

2 Beat together the egg and golden syrup in a bowl, then pour into the dry ingredients and stir. Knead the mixture to make a dough. Cut the dough in half and shape each piece into a thick sausage about 6cm across, making sure that the ends are straight. Wrap and chill for 20 mins. *Will keep frozen for up to two months.*

3 Heat the oven to 180C/160C fan/gas 4 and line two baking sheets with baking parchment. Thickly slice each sausage into 12 and put the slices on the prepared sheets, spacing them well apart and reshaping any, if necessary, to make rounds. Bake for 12 mins, then leave to cool for a few minutes to harden before transferring to a wire rack to cool completely.

4 Melt the chocolate in a bowl over a pan of gently simmering water. Dip half of each cookie into the chocolate – you may need to spoon it over when you get to the final few. Decorate with a slice of ginger, if you like, and leave to set. *Will keep for one week in an airtight container.*

PER COOKIE 180 kcals, fat 7g, saturates 4g, carbs 25g, sugars 13g, fibre 2g, protein 2g, salt 0.2g

MAKE IT CLASSIC

If you prefer traditional ginger nuts, shape the dough to make smaller biscuits and leave out the stem ginger and chocolate.

Maple pecan cookies

■ Makes 12 ■ Prep 30 mins plus cooling and 1 hr chilling ■ Cook 30 mins VEGETARIAN

150g salted butter, softened
125g soft light brown sugar
90ml maple syrup
1 egg, lightly beaten
pinch of mixed spice
280g plain flour
½ tsp baking powder
100g pecan halves, 12 left whole, the rest chopped

1 Beat together the butter and sugar with an electric whisk until well combined. Whisk in the maple syrup, egg and mixed spice.

2 Fold in the flour, baking powder, a pinch of salt and the chopped pecans to make a dough. Cover and chill for 1 hr to firm up.

3 Heat the oven to 180C/160C fan/gas 4. Line two baking sheets with baking parchment.

4 Roll tablespoons of the mixture in your hands to form walnut-sized balls and put on the prepared trays, well spaced apart to allow for spreading. Flatten a little with the palm of your hand to stop them rolling.

5 Press a pecan into the middle of each cookie ball. Bake, in batches if you need to, for 12-14 mins or until golden, crisp on the edges and still slightly soft in the centre. Leave to cool on the trays for 10 mins before transferring to a cooling rack.

PER SERVING 325 kcals, fat 19g, saturates 7.4g, carbs 33g, sugars 15g, fibre 1.6g, protein 4.2g, salt 0.3g

Caramel snap cookies

Swirling honeycomb through these salted butter biscuits is the perfect way to add caramel flavour and extra crunch. Plus there will be plenty of honeycomb left over for snacking on!

■ Makes about 25 ■ Prep 15 mins plus 30 mins cooling and 1hr 15 mins chilling ■ Cook 15 mins VEGETARIAN

125g salted butter, softened
75g golden caster sugar
75g soft light brown sugar
75g golden syrup
2 large egg yolks
2 tsp vanilla extract
300g plain flour, plus extra for dusting
1 tsp bicarbonate of soda
FOR THE HONEYCOMB
drizzle of flavourless oil
100g caster sugar
100g golden syrup
1 tsp bicarbonate of soda

1 To make the honeycomb, line a shallow tray or tin with baking paper or a silicone baking mat and brush over a little oil. Put the sugar and golden syrup into a deep, heavy-bottomed pan, and stir over a gentle heat for a few minutes, until the sugar has dissolved. Simmer until the syrup turns a dark gold and smells of caramel. Remove the pan from the heat, add the bicarbonate of soda and quickly stir in with a wooden spoon until no white streaks remain. The mixture will bubble up and turn a pale gold. Pour into the prepared tin but don't spread the mixture or you'll squash the bubbles. Leave for 30 mins to cool completely.

2 Put the butter and sugars into a large bowl and beat with an electric whisk until pale and fluffy. Beat in the golden syrup, egg yolks and vanilla with a pinch of salt for a further minute, then tip in the flour and bicarbonate of soda and work in with a wooden spoon. Use your hands to make a smooth dough, then chill for 15 mins.

3 Lightly dust a sheet of baking parchment with flour and roll out the dough to a 24 x 40cm rectangle, about 4mm thick. Turn the honeycomb out onto a chopping board and use a rolling pin to break half into shards. Put the shards between sheets of baking parchment and bash to fine crumbs. Scatter the crumbs over the dough as you go until there is a patchy, even-depth covering the whole sheet. Save the other half of the honeycomb for snacking or for topping ice cream, if you like.

4 Lift one of the shorter sides of the dough and roll up into a tight spiral to make a sausage. Roll the sausage loosely in the baking parchment and chill for at least 1 hr.

5 Heat the oven to 180C/160C fan/ gas 4 and line some baking sheets with baking parchment. Slice the dough into 5mm-wide cookies, spacing them out on the baking sheets as you go. If your knife sticks to the dough, lightly flour it. Bake the cookies for 6-8 mins or until golden and the honeycomb is bubbling and a darker caramel colour. Cool completely before eating.

PER SERVING 135 kcals, fat 4.8g, saturates 2.8g, carbs 21g, sugars 11.8g, fibre .5g, protein 1.5g, salt 0.3g easycook

next month

SEASONAL FLAVOURS

- Spaghetti with mussels
- Smoky chicken, bean & kale stew
- Pineapple & passion fruit cheesecake

TURN TO P30 TO SUBSCRIBE

ON SALE 3 APRIL

PLUS!

- COMPLETE MENU FOR EASTER
- TASTY VEGETABLE SIDE DISHES
- FAB FILLINGS FOR QUESADILLAS
- WONDERFUL WAYS WITH EGGS

MARCH

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Coronation chicken **42**
Duck, mango & watercress salad **53**
Easy leek & pancetta filo tarts **9**
Irish stew **72**
Italian sausage & kale one-pot **18**
James Martin's cock-a-leekie soup **76**
Linguine with spicy meatball sauce **14**
Meatball & penne bake **14**
One-pot beef brisket & braised celery **60**
Pasta e fagioli **12**
Pork & peanut noodles **82**
Pork schnitzel with garlicky green beans **13**
Protein-rich box **39**
Roast chicken, tomato & chilli soup **76**
Smoky steak with jalapeño cream **52**
Spiced lamb stuffed courgettes **11**
Tandoori roast guinea fowl **66**
Teriyaki chicken noodles **17**

FISH & SEAFOOD
Avocado, prawns & greens **38**
Cauliflower, prawn & peanut stir-fry **40**
Crab & avo tacos **50**
Fish pie **78**
Grilled mackerel with orange, chilli & watercress salad **34**
Quick piri-piri prawns **49**
Salmon sashimi **51**
Sea bass with noodle salad **53**
Seafood & pepper rice **37**
Smoked haddock grill with cheese **16**
Smoked haddock with quick mustard & caper sauce **16**
Smoked mackerel & beetroot **42**
Smoky mackerel & beans **38**
White bean, tomato & anchovy ragu **42**

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VEGETARIAN
Baked feta with cherry tomatoes & garlic toast **54**
Boiled egg, avocado & quick pickled radish **51**
Breakfast egg wraps **28**
Broccoli & blue cheese gnocchi **10**
Cheese & onion rarebit **42**
Chickpea & roast cauliflower chaat **46**
Creamy gnocchi with olives, parsley & caper salad **52**
Creamy veg ramen **40**
Falafel meze bowl **49**
Halloumi & roasted red pepper stacks **15**
Healthy porridge bowl **28**
Herby mushrooms on toast **42**
Hummus falafel bowl **39**
Mushroom & chickpea burgers **33**
Mushroom & roasted red pepper stacks **15**
Peanut butter, banana & honey **42**
Pizza pie **66**
Pumpkin, mushroom & brown rice bowls **8**
Roasted tomato, mozzarella & rocket **42**
Shakshuka **80**
Sichuan pepper noodles **12**
Spiced scrambled eggs **42**
Super-quick sesame ramen **40**
Super-veg pasta **35**
Sweet & sour tofu **40**
Sweet potato curry **36**
Sweet potato, pea & feta frittata **17**
Tomato & lentil soup **47**
Tomato, piccalilli & red onion rarebits **43**
Vanilla & cinnamon breakfast rice **28**
Veggie pasta e fagioli **12**
Winter tomato soup with grilled cheese sandwiches **11**

SIDES, DRINKS & EXTRAS
Carrot & orange smoothie **90**
Choc-orange hot chocolate **90**
Colcannon **72**
Domino dauphinoise **60**
Easy-peasy homemade mayo **21**
Garlic & vinegar kale **60**
Nutty orange yogurt bowls **90**
Orange & blueberry bircher **28**
Porridge bread **21**
Soda farls **71**

Salted caramel cheesecake, p62

BAKING & SWEET TREATS
Caramel passion fruit slice **3**
Caramel snap cookies **87**
Chocolate lava cake **82**
Coffee ice cream terrine **57**
Double ginger cookies **86**
Fifteens **73**
Lemon curd & raspberry pots **55**
Maple pecan cookies **86**
Millionaire's chocolate brownie tart **68**
Orange & poppy drizzle muffins **90**
Orange jellies **90**
Peanut butter thumbprint cookies **85**
Salted caramel cheesecake **62**
Salted caramel popcorn pots **55**
Slow cooker muscovado cheesecake with hazelnuts & blackberries **24**
St Patrick's Day rainbow cupcakes **70**
Sticky toffee pudding **25**
Strawberry cheesecakes **56**
Toffee ice cream sandwiches **56**
Triple chocolate chip cookies **85**

We do not nutritionally analyse book extracts, and some of our recipes may not state the salt and sugar content

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Full of zest

From fruity muffins and jellies, to hot chocolate and a smoothie packed with vitamin C – who knew oranges could be so versatile?

ORANGE & POPPY DRIZZLE MUFFINS

Lightly oil a 12-hole muffin tin. Mix **300g self-raising flour**, **175g caster sugar**, **1 tsp baking powder** and **2 tbsp poppy seeds** in a bowl. In a separate bowl, whisk **5 tbsp sunflower oil** with **200ml milk**, **1 egg** and the **zest and juice of 1 orange**. Working quickly, pour the wet ingredients into the dry and barely mix together with a fork – the mixture should be lumpy, so be careful not to overwork it. Spoon into the tins and bake at 200C/180C fan/gas 6 for 10-12 mins until risen and browned. Meanwhile, mix the **zest of 1 orange** with **140g granulated sugar** in a bowl. Leave the muffins to cool for 2 mins, then transfer to a wire rack. Stir the **juice of 1½ oranges** into the sugar mixture and spoon over each muffin. Leave to set for 5 mins. Makes 12.

CARROT & ORANGE SMOOTHIE

Tip **2 chopped carrots**, **2 peeled oranges**, a **2cm chunk of ginger**, grated, **2 tbsp oats** and 100g ice into a blender and blitz until smooth, adding 150ml water if it's too thick. Add more water if needed until you have your preferred consistency. Pour into glasses. Makes 2.

NUTTY ORANGE YOGURT BOWLS

Tip **80g oats** into a pan and pour in **640ml milk**. Stir over a medium heat for 5-8 mins until the oats are cooked and the mixture thickens slightly. Pour into two bowls and allow to cool for a few minutes to thicken further. Smooth **2 x 120g pots bio yogurt** over the top to completely cover the porridge, then top with **2 chopped oranges**, **15g chopped pecans nuts**, **10g finely grated dark chocolate** and a dusting of **cinnamon**. Serves 2.

CHOC-ORANGE HOT CHOCOLATE

Heat **150ml milk**, **50ml double cream** and the **finely grated zest of ½ orange** in a saucepan until simmering. Pour through a sieve into a jug to remove the zest. Pour the infused milk mixture back into the pan and add **50g chopped dark chocolate**. Heat, stirring all the time, until the chocolate has melted, then pour into a mug. Serves 1.

ORANGE JELLIES

Heat **500ml orange juice** in a saucepan until almost boiling. Cover **3 strips gelatine** with cold water and leave for 5 mins until spongy and softened. Squeeze out any excess water. Take the juice off the heat and stir in the gelatine until dissolved. Sweeten to taste. Divide between four bowls and chill for at least 5 hrs, or preferably overnight. Serves 4.

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- ★ Air fryer sponge cake

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